

help  
G·R·A·D·U·A·T·E

# fresher's guide

YOUR STUDENTS' COUNCIL  
WELCOMES YOU TO UCT

CONTROL YOUR NEEDS

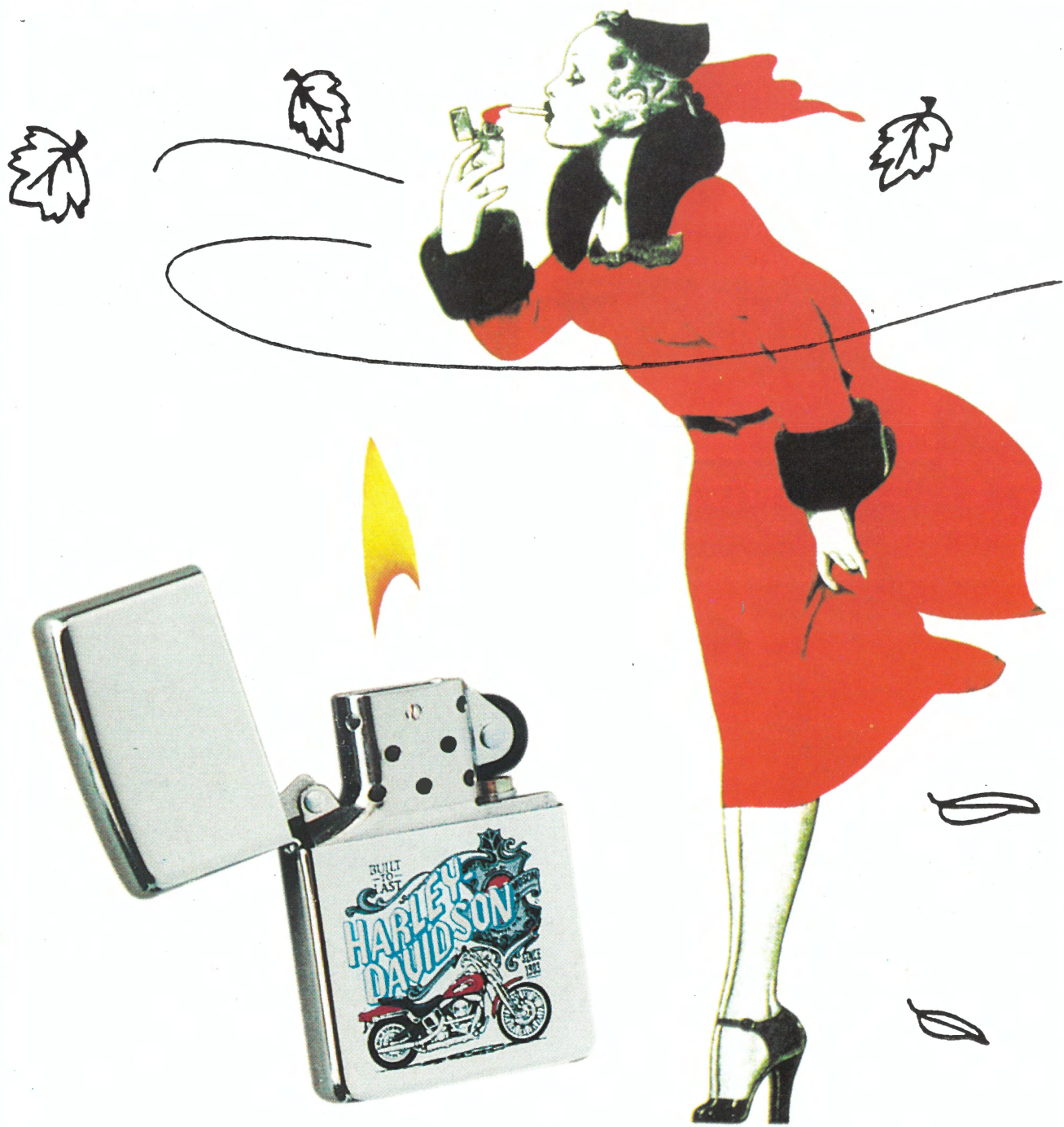
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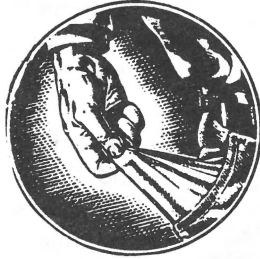
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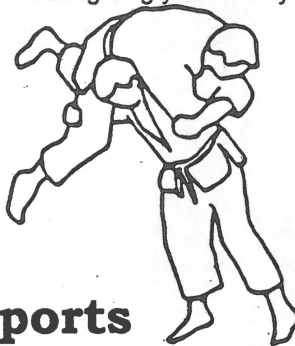
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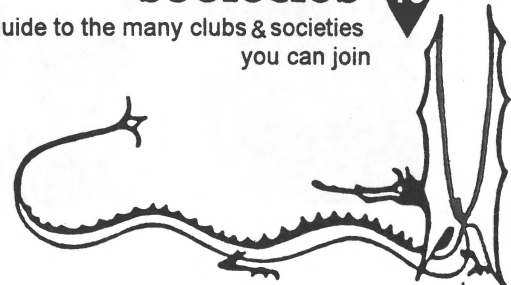
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Edited by Kimberley Yates and Adam Brink. Advertising sold by Anthony Holland and Ruendree Govinder. Printed on the UCT Press. Thanks to Mannie and Klaas and Sarah Grant-Smith.

# Steers

## Trading Times

Monday	11am - 2am
Tuesday	11am - 2am
Wednesday	11am - 3am
Thursday	11am - 3am
Friday	11am - 5am
Saturday	11am - 5am
Sunday	11am - 1am

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## message from the VC

I am delighted to be able to welcome new and returning students to the University of Cape Town. South Africa and UCT have experienced an exciting period over the past few years.

At UCT we should use the opportunities that a new situation presents to build a culture of healthy debate and of tolerance and understanding on campus. More than ever students have the space to become more involved in the activities at the University as well as in the greater society. The UCT community is enriched by the contributions from staff and students from diverse backgrounds and experiences.

I urge you all to apply yourselves seriously to your studies so that you can play a meaningful role in your field of work. I hope that at the end of this year you would also have benefited from making use of all the opportunities that University life presents.

I wish you an enjoyable year in 1996.

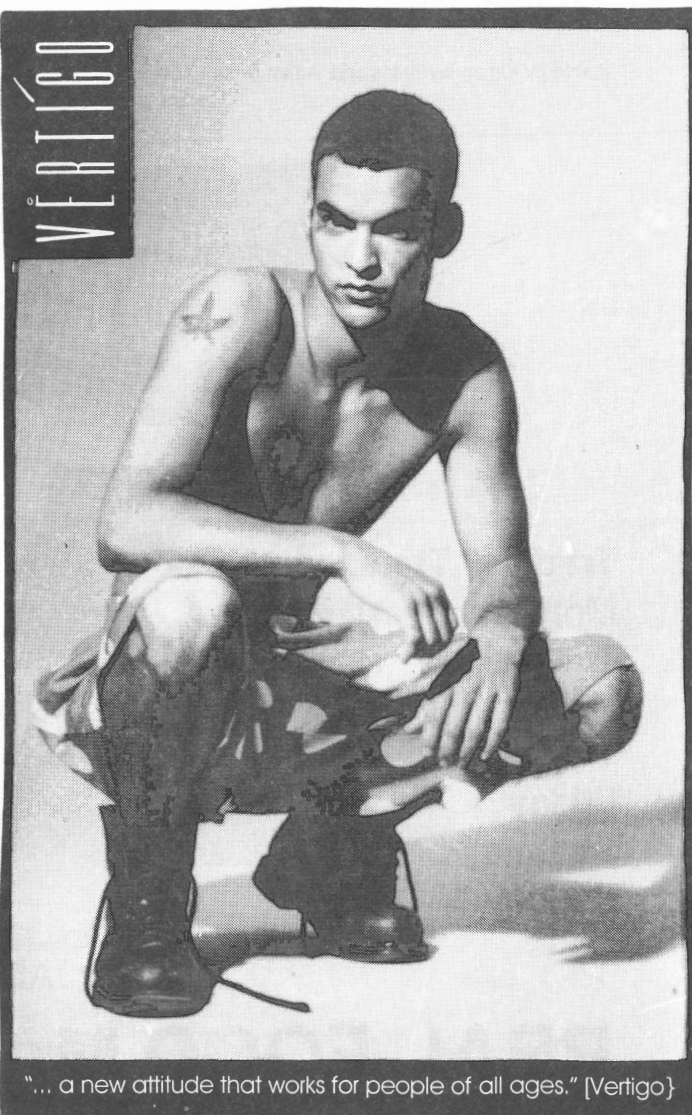
**Dr Stuart Saunders**  
Vice Chancellor of the University of Cape Town

# BDO

We welcome  
all new students to  
UCT and wish you  
an exciting and  
successful 1996.

**BDO SPENCER STEWARD**  
Chartered Accountants (SA)  
Tel: (021) 4193800 Fax: (021) 2511590

VERTIGO



"... a new attitude that works for people of all ages." [Vertigo]



**You simply MUST register. If you do not register, the university does not know that you exist. Registering late involves a hefty fine.**

When you register you officially put your name down for the course of study for which you have been accepted (Engineering, Social Science, Science...). But, this is not all you have to do. You also have to choose the actual subjects that you wish to do. In certain courses of study you are not allowed much choice (eg, Medicine or Architecture) and thus can't go too far wrong. In others, such as Arts, Science and Social Science, you have to give it considerable thought and will determine your academic future by your choice. Some courses are in between, like commerce and engineering, and you will have to decide which branches of study to follow.

Do not make these decisions *at* registration; make them beforehand. These decisions can be complicated. Get your **faculty handbook** from the faculty office and read the relevant bits thoroughly. Ask the faculty whether they have any **other booklets to help you** (and they usually do). Most faculties also have **student advisors**. If you can, phone the faculty office (listed in your Student Diary) and get an appointment to talk to one of them, even if it is only to check your curriculum.

If you can't get to Cape Town early, phone the faculty and talk to a student advisor.

Remember that the faculty offices (and, for that matter, officers) are there **solely** to help you. Don't feel shy to ask them for help.

If you want insider information on some aspect of curriculum planning, contact your Faculty Council (see pg. 20) who will be able to advise you from a student perspective.

Finally, it is highly recommended that you find someone (an aunt, a parent's friend's brother in law, *anyone* and *everyone*) who has completed or attempted to complete the course of study you intend to follow, and talk to them about it. You probably won't *really* figure out whether you are doing what you want to do until about third year, but you can sure as hell try.

### **Step-by-Step Guide to Registration**

1. Read everything the faculty sent you.
2. Think about which subjects (also called 'courses' at UCT) you want to take.
3. Once in Cape Town use every opportunity to find out more. If curriculum counselling is available, take advantage of it, like student advisors and course information talks. Go to your Vice-Chancellor's address and to your Dean's address. The dean is the head of your faculty. Her or his name is in the handbook: learn it.
4. Decide which courses you are going to take.
5. **Go to registration, at the time specified to you by your faculty.** If you have gone through the above steps, it will be very relaxed. If you can't find the place, or you've forgotten where it is, or you don't have the piece of paper with you, go to the plaza and find a member of the *Transitional Student Council* at their booth. They have all the information for all freshers (first years) and will be *dying* to help you.

**Don't forget** to bring a pen and any documents you might need (for instance foreign students will need their passports with study permits.)

#### **Once you are there...**

- get your curriculum form and registration form and fill them in.
- get departmental approval for your course
- get the student advisor's signature
- get the dean's signature
- **and then** your temporary registration card.
- go to the Leslie building; have your photograph taken; and have your registration card made.

Be warned that each of these steps involves long queues, some of them *very* long queues.

With your student card firmly in your hand, you are now officially a student. You are now able to register for societies and sporting codes. Also, the magnetic strip on the back of the card allows you to use the libraries and the photocopiers therein.

REGISTER



# Orientation Week

welcome to UCT

**Hello and welcome to UCT. Congratulations on your acceptance by what is widely claimed to be the most prestigious university in South Africa, if not Africa. 1996 is going to be quite a year...**

Everything at this university starts with Orientation Week, during which the process of orientation also begins. An interesting aside: the word 'orientation' is derived from the Latin word 'oriri', which means 'to rise'. 'Orientation' was also used as an expression for the direction of the rising sun, and therefore also for the east (hence we talk about 'the Orient'). From Jameson Plaza (the main site of Orientation Week activities) you have the most spectacular view of the Cape Peninsula and the east -- and during a few clear winter mornings, the sight of the rising sun climbing above the Hottentots (or should that be Khoi-San - ed.) Holland Mountains can be warmly appreciated from a sheltered spot. Otherwise claim your space on the steps (like reptiles, many of us appear to require warmth in order to function).

## *turning new pages*

This all symbolises the thought that this is a new chapter in your life; the dawning of your true direction. Well perhaps it's not so clear at the moment. Don't worry. We've won the rugby and the cricket and we'll win the football too.

Unfortunately for the Peninsula, on calmer days there is often smog to obscure the beauty. A sign of the times? Have we not done it to ourselves? Hopefully, we learn from our mistakes....right!

Orientation Week starts bright and early on Monday the 19th of February. There will be lots of tables on the plaza (look at the map!) with people from every club, society and sporting code to tell you about themselves (and probably their clubs too). We will be offering campus tours and there will be lots of traders and stalls selling their goods on the upper plaza. There will be sports demonstrations and speeches and - of course - there will be parties galore.

At some time during the week you will register as well. Find out when *now* by looking at the material your faculty office has sent you. If you don't know when and where to go ask the SRC at the special booth they have set up on the plaza.

## *think for yourself...*

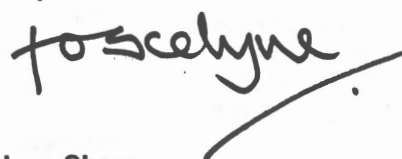
Please understand that I'm not here to tell you what to do, or for that matter what not to do. Rather, I'm here to say that the university has virtually gone to the extreme in order to present every aspect of campus to you in this publication and during the week -- hold on...information overload! Relax, it's fun - and at least I've warned you that you're in for everything. There will be plenty going on all around you nearly all the time. In order to survive, perhaps I should make mention of *The Orientation Programme*.

This is a booklet containing the daily scheduled events and activities for this week, including other benefits such as discount vouchers and competition entry forms, and other basic information like maps. I suggest that you get one of these booklets ASAP. It's free (in true student fashion) so it'll do you no harm.

## *...starting now*

And that's the only advice I'm going to give you, other than don't overdo it. Remember, this is only the beginning of the academic year. I don't mean to sound like some frantic parent, but there's still plenty more to come...

All that's really left for me to say is, "Enjoy the week to the fullest and try and get the most out of it." My wish for you this year is that all your wishes come true. Best of luck for 1996.



**Joscelyne Shaw**  
Orientation Week Co-Ordinator



# SHAWCO RAG

**The Students' Health Welfare Centres Organisation (SHAWCO) is the largest student initiated welfare organisation in the world, operating on an annual budget of about R4 million. It is the official welfare organisation of UCT, and the students run it. The student side of SHAWCO is divided into three sectors -- Rag, Education and Welfare, and Health Management.**

**RAG** is the fund-raising sector. Be a part of this by attending Rag events, by joining the Rag Rookies and by giving your time to bring in money on Sax Appeal Day selling SaxX Appeal and at the Floats Festival.

RAG also sells useful goods such as year planners, umbrellas, the 'Paint the Town Rag' clothing range - T-shirts, caps, shorts and sweatshirts, all of which are available from the Rag Office on green level of the Student Union.

Most of our events are aimed at the general public and business communities. As a student, you have the opportunity to be involved in organising these events by joining the Rag Committee in September.

## Education & Welfare

runs the following projects:

**STEP** (SHAWCO Tutorial Education Programme) offers supplementary education to std 9 and 10 township pupils in various subjects. These pupils take buses to campus on Saturday mornings, and are tutored by UCT students. STEP aims to utilise the skills of university students and the resources available on campus to provide tutoring that supplements the DET syllabus; to challenge artificial social barriers created by a discriminatory education system and to support the transformation process.

**Adult Education** offers supplementary education to adults who are studying matric or std 8 through day or night school. Approximately 50 UCT students

are Adult Education Tutors. They tutor adults in Langa, Gugulethu, and Khayelitsha on a weekly basis.

**Masizame** is the Pre-school section of EdWelfare. It is involved in five crèches in Khayelitsha, KTC, Nyanga and Gugulethu. Masizame also includes workshops which train teachers. These are run monthly and cover concepts related to pre-school education. The improvement of teachers' skills is fundamental in the long term and central to our programme.

The **HIP** (Homes Improvement Project) is a rapidly expanding part of the Masizame programme. Established in 1994, HIP is involved in the renovation and restoration of children's homes. HIP also offers small group tutoring for high school pupils.

**Health Management** is run by medical students and is the oldest sector of SHAWCO. SHAWCO

Health was an innovator in the establishment of mobile clinics, staffed entirely by medical students and qualified doctors, and which operates in the evenings in communities where basic health services are often lacking. It plays a part in Zibonele Community Health Work Project in Khayelitsha and involves members of the community visiting families in a specific area on a regular basis, and referring patients, where necessary, to the clinic.

## The Seniors Programme

provides assistance and support for the activities at seniors clubs. SHAWCO also serves the community by running seniors clubs from its

Kensington and Elsie's River centres.

**SHARP** is an exciting new development in the Health management sector. It is an AIDS programme targeted at counseling HIV patients and at creating AIDS awareness and prevention.

In addition to the above student sectors, SHAWCO has full-time staff, which includes a director, social workers, drivers, kitchen staff and many others, who operate from SHAWCO centres in Kensington, Elsie's River, Manenberg, Retreat, Khayelitsha and Nyanga.

Get involved in SHAWCO: Rag Office (green level, Student Union, ph 650 3525/8/9); EdWelfare (green level, Student Union, ph 650 2229); Health Management (Medical School, ph 406 6437). Alternately speak to us about doing a SHAWCO social history tour. ■





# hungry now?



- a guide to the many varied places to eat on campus -

The cheapest way to eat on campus is, of course, to bring one's own food. But there is also a good selection of eating places on campus. This is a quick guide to them.

The big players are the two cafeterias. One is in the **Leslie** (run by **Aries** catering), the other in the **Students' Union** (run by **Captain Dorego**). **Aries' strength** is its cooked meals. You can buy lasagne, fish and chips, pap - and eat it on a plate with a knife and fork - if you are into that. Aries also carries very tasty crunchies, pies, doughnuts, and cooldrinks of course. Aries carries Marcel's frozen yoghurt, as well. **Captain Dorego's strength** lies in their semi-meals; they have a fine selection of hot-dogs, boerewors rolls, pies, Cornish pasties and the like. They are roughly evenly priced.

Of the other formal traders the **Kaplan Centre** is the most notable. It serves Kosher food only. They serve real meals - their chicken pie and fish balls are superb - which come with salad. They do not serve junk food and, given what they serve, are very reasonably priced.

The **Bhakti Yoga Society** sells strictly vegetarian food. This year, they're located in the Centre for African Studies.

The **Glass House** and **Moot Room** are the engineering and law students' respective cafeterias. Both serve standard fare - pies and the like - and the Moot Room serves decent coffee (brand of your choice) in mugs. Moot Room coffee is the cheapest on campus. **Purple Haze** is another small place where you pick up quick food and coffee. It's in the basement of the Architecture Building.

**Sally's Kiosk** is situated just outside the **Sports Centre**. Run more as a cafe than as a cafeteria - not having any provision for seating. The **Smuts Lobby** contains a small shop that all can buy at. Joe keeps it open until midnight.

Also across from the Sports Centre is the **Rugby Club**, which has more of a restaurant atmosphere, except it's only accessible to undergrad students for a yearly fee. Otherwise, it's open for postgrads and staff.

The **Halaal Kiosk** is situated next to the pit on Red Level and serves (surprise...) halaal food.

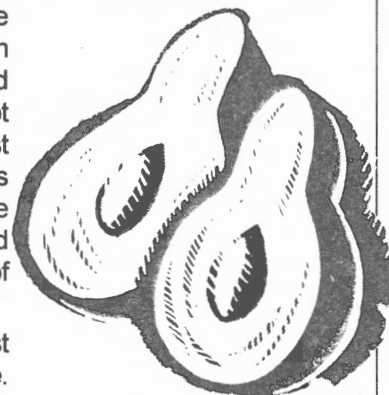
There are numerous informal traders. **MacHarry's** (if they still call themselves that...) is located opposite the James Building on plaza level. The food is excellent, served hot and crispy (not microwaved) and **very reasonably priced**. MacHarry's serves no junk food. They serve healthy crunchy-type biscuity things and delectable quiches. Here you can buy fruit juice. There's also a **MacHarry's** on Music Campus that is a full cafeteria.

You can even get **Chinese food** on campus. They are at the very top of the Students' Union Building, outside. So climb right to the top between Jammie and the Students' Union building, or take the lift to green level.

Fruit, sweets, cokes etc. are sold at the entrance to the Chemistry Building and on the Plaza just on the Leslie side of the entrance to the library. The latter also sells **very popular rolls** (cheese & tomato, egg and chicken amongst others).

And, of course, there are always the **vending machines** in Leslie Building and the Students Union.

If you have a gripe about food on campus - in the res even - give us a shout. If you think any specific outlet is not pulling its weight, if you think there is not enough variety, if you have a particularly bad experience somewhere, then **phone the TSC** at 650-3537 and ask to **speak to Joscelyne Shaw**.





# student governance

## A Guide to Your Role in Student Politics at UCT

**When you get to UCT, you will be bombarded with terms such as SRC, no SRC, TSC, SP, UTFExCo, and SASSU.**

(This list is by no means exhaustive.) Do not be intimidated, they are not the computer jargon of some obscure computer language, but the terminology that describes the structures that exist to represent students.

You might ask yourselves why we as students need to represent ourselves. Well, it is vital to present a united student voice to the university administration and, with other tertiary students all over the country, to the government, both of whose interests seldom coincide with those of students. Why is this vital? Because we all have a common interest in getting a good tertiary education at the best price.

### SRC

Until recently, the job of representing students' interests has been performed by the Students Representatives Council (SRC), made up of the fifteen most popular candidates, who stood in a campus-wide election. Much of the SRC's time was taken up by committee work - the SRC sits on approximately 53 such committees. It was the duty of the SRC to represent students' positions on all these committees, which decide on issues ranging from fees, financial aid for needy students, residences, academic issues, clubs & societies, and sports to less pressing committees, such as the Bookshop and the Time Table Committees.

Another vital task of the SRC is to lobby for and give money to student organisations. Furthermore, it was the aim of the SRC to create an environment in which all student organisations could operate effectively. For instance, Orientation Week, which has traditionally been

organised by the SRC, is an opportunity for all student organisations to publicise themselves and recruit new members (like you).

Problems have developed with the SRC system, in that there was a wide-spread perception that the SRC was not doing enough for students. Much of the problem revolved around the fact that few SRC members had the time or energy to fulfil their SRC duties adequately while maintaining academics.

Another problem was that fifteen people were supposed to gauge, understand and represent the opinions of the entire student body. Also, it was felt that despite the fact that the SRC was democratically elected, it was not furthering the aims of democracy by letting fifteen students articulate the views of 15,000 students.

### SP

To overcome these problems, the Student Parliament (SP) was created. The SP is made up of 11 Faculty Council Representatives, 10 Residence House Committees, 8 Sports reps, who are appointed by SASSU (South African Students' Sports Union), 20 reps from clubs and societies, 15 SRC members and 4 reps from community devel-

opment. The SP is the highest body of student governance and makes all policy decisions. The SRC is the executive of the SP -- an administrative body which implements the decisions of the SP. The SRC is directly accountable to SP. Apart from broader representation of students, other advantages of the SP include spreading the burden of committee work and providing a training ground for student leadership. Although the SP concept is new, it seems to be successful and fifteen campuses have requested a copy of our SP constitution, with the idea of implementing a similar system on their own campuses.





Then why don't we have an SRC? The current SRC-less state of affairs has come about as a result of the failure of the 1995 SRC election, as the poll of 22,35% was below the constitution requirement of 25% for an SRC to be constituted. The student body made its presence felt by voting with their feet -- i.e. they did not vote. We have heard the message loud and clear from the student body that the old 15 person SRC was not catering for students needs. The Student Parliament has responded to the crisis by appointing a Commission of Enquiry into Student Governance to investigate problems with the current structure and to come up with a better one. The Commission comprises five respected students, with experience of student leadership and four members of staff, and has a maximum period of one year to produce its findings.

### TSC

In the interim, the SP has appointed the Transitional Student Council (TSC) to perform the vital administrative work and fulfil the duties of an SRC. The TSC, which has similar powers to the SRC, has seven members, four of whom were the most successful candidates in the failed SRC election, two of whom are members of the previous SRC, and one who is an SP appointment. Thus the TSC has taken over the SRC offices, tasks and projects. Some of the projects include the organisation of Orientation Week, the creation of a Student Organisations Resource Centre, which has faxes, computers, a laser printer, phones and, unlike any other university in the country, electronic mail facilities for 1000 office holders of student organisations. (This alone should do much to overcome the thorny problem of communication between student organisations.) The TSC also helps the entire student population by providing late night study venues during exams and bringing the traffic department onto campus so that students can do their learner's license exams.

Probably the greatest problem facing students is the funding crisis of tertiary education. All tertiary institutions are having to survive with diminishing state subsidies in real terms, which is extremely serious: for every rand you pay in tuition fees, the state pays about R3,00! The result has been larger numbers of students facing financial exclusion -- that ugly phrase that means that students are kicked out of varsity for not being able to pay their fees. It is imperative that we find ways of assisting students who have the ability to succeed at a tertiary level, but not the financial means, without putting too much strain on the general student body.

### TRANSFORMATION - UTFExCo

A word associated with all these issues, which you will hear often enough but will not understand because everyone is too scared to define it, is TRANSFORMATION. We are afraid to

define it ourselves, as everyone has a different understanding of what it entails. It has such a wide application here at UCT and all over the country that it would be easier to list what it does not encompass, which is not much. The cost and manner of purchase of light bulbs at UCT is *not*, we can safely argue, an issue of transformation, but most other activities and policies are.

(A nervous sigh as we stick our heads out and define it): what the UCT transformation process aims to achieve is to make UCT more representative of the South African population, in terms of its staff and student composition, its needs, its curricula, its social environment and its relationship with the wider community. This might sound vague, philosophical, broad and theoretical, but we have to answer these questions if UCT, and tertiary education in general, are to survive in the long term. The University Transformation Forum, whose executive committee (UTFExCo) is equal to the Council in terms of decision-making powers at the highest levels of UCT, is charged with answering these difficult questions.

### STUDENT GOVERNANCE

What student governance *must* achieve is making sure that everyone, especially the university administration, remembers that UCT would not exist at all without the students. We have a right and a duty to fight for the best possible deal for all students; however, leadership and representation are a two-way process. UCT students need representation, but for the representatives to be effective, they need student support and participation, which includes being held accountable by the students.

The TSC and Student Parliament are here for you. Get to know your SP reps, whether they are in your club or society, play sport with you or represent you on your Faculty Council or Residence House Committee. Or rather, be encouraged to stand for the SP. Make sure that they keep you informed about what is happening at UCT, and remember that elections for clubs & societies positions and res house comms are in early March. If you have any problem, do not hesitate to call us, and if we can't help you, we will put you in contact with someone who can. If you have any input, suggestions or even criticism, we want to hear from you. You owe it to yourself and your fellow students to see that the TSC and the SP do their jobs properly. Don't be afraid to get involved.

Should you need any help or more information, contact us at the TSC Office

Phone (021) 650 - 3537/8/9

Fax (021) 686 - 6728

EMail SRC@ITS.UCT.AC.ZA

# UCT BOOKSHOP

Red Level, Students' Union

Phone: 650-2485

your campus store

now with CD shop and pharmacy

All Books  
New and Seconhand  
All year Round

Stationery Bargains  
Newspapers/ Magazines  
All year Round



# services

**Need an eye dotted or a tee crossed? There are lots of services available to students. These are only a few of them. If you need advice try the Student Advice Office can solve students problems, and can do so faster than the average student would be able to do.**

Their office is on Yellow Level of the Student Union. Their telephone number is 650 3533 or 3536. They are open from 9:00 to 16:30 on weekdays.

The advice office offers help with many problems, like finding financial assistance, finding accommodation, acquainting students with the city and campus, personal, legal and emotional problems - and any other problems they may experience.

They produce a directory of student services which partly informs this article.

This year they will also be producing a booklet offering legal and other advice about renting accommodation and living in digs.

It is also the best place for them to start if they have a complaint, personal or official, and don't know exactly who to complain to.

## ADP

The Academic Development Programme was established in 1980 primarily for students from DET and DEC schools who were generally underprepared for university life. You can contact ADP at 650 2251/2. ADP is a central element of UCT's commitment to making university education accessible to disadvantaged students. These are students who are disadvantaged, through no fault of their own, by a poor school system. Shocking pass rates in DET schools make the ADP mission all the more urgent.

## Banking Facilities

There are banks and ATMs on campus:

Allied ATM

Leslie Building

First National Bank and ATM  
Standard Bank  
Nedbank  
Standard ATM

Leslie Building  
Leslie Building  
P D Hahn Building  
Students' Union

## Baxter Theatre

The UCT-owned Baxter Theatre is offering student discounts this year, to encourage students to use the theatre and to see some of the fine drama that they put on there. Phone them at 650 2397 and ask for details.

There is a cinema in the basement (in what used to be the underground parking lot) which shows primarily art and foreign films.

## Campus Control

Campus control is responsible for the prevention, recording and investigation of crime, fire, safety and traffic control at UCT.

They are on duty 24 hours a day, 365 days a year. Besides the patrolling of campus they respond to all emergencies and also maintain a Lost and Found Property Office in the basement of the Robert Leslie Building. Crime prevention is a two-way street, and your participation is necessary. Report suspicious persons or incidents to them on extensions 2222 or 2121. They have control rooms operating 24 hours a day at Burnage (Lower campus), Robert Leslie (Upper campus), Medical School and Orange Street Campus.

The emergency number is 650 2222. Campus Control is also responsible for safety at UCT events (RAG parties for example).

Campus Control is here to help students. Be polite and friendly to them.

A recent innovation is the Student Protection Service - students employed as adjuncts to Campus Control, who patrol campus at night.

The Gender Initiative is an SRC initiative, and it serves as a party protection agency which monitors parties to ensure that such things as sexual harassment do not occur at university parties.

## Careers Office

The UCT Careers Office is tremendously jacked. It offers extensive career choice counseling services, including quick question and answer sessions.





They have Graduate Placement Programmes with over 70 organisations present, plus they help students with drawing up CVs and preparing for job interviews.

Also offered: a career library, Law Graduate Placement Programmes. Contact the Careers Office on level 3 of the Education Building on middle campus, or phone them at 650 2497.

## Complaints

One can waste much time by complaining to the wrong person. Whether your complaint is personal or official, Student Affairs (Yellow Level, Student Union) is the place to start. They will guide you so that your complaint goes through the proper channels and is dealt with properly.

## Crèche Facilities

The Educare Centre offers crèche and pre-primary facilities for the children of UCT students and staff. Telephone them at 650 3522 if you have your hands full with child-rearing.

## Disability Unit

The Disability Unit aims to create a University in which people with disabilities and chronic illnesses can participate fully and equally, in accordance with the world Disability Rights Movement.

They are under-funded, but advise in the following areas:

- special parking for students and staff (including those with pain and fatigue disabilities);
- barrier-free access to buildings;
- assistance for students with sight and hearing disabilities;
- help getting flexible examination dispensation;
- research into disabilities;
- HIV and AIDS policy formulation and education.

They can be found on the fifth floor of the Robert Leslie Social Science building - in room 5.08, ph 650 2427/3794 or e-mail them at [disable@socsci.uct.ac.za](mailto:disable@socsci.uct.ac.za)

## Financial Aid

The office is on Green Level of the Students Union, or can be phoned at 650 2125.

Services offered include financial assistance in the form of bursaries and loans, and some academic performance-based scholarships.

They have a booklet, *Financial Assistance for Undergraduate Students*, available free of charge, which includes a complete listing of bursaries offered by other institutions.

## Food

Food may be bought at the two cafeterias (Aries in Robert Leslie Building and Captain Dorego on Blue Level of the Students' Union), the two student council cafeterias (the Moot Room in the law faculty and the Glass House in the engineering faculty); the Kaplan Centre (Kosher Food); the Purple Haze (in Centlivres - the architecture building); Chinese take-

aways (Student Union, Green level); the Rugby Club (must pay a membership fee, or be post-grad or staff); Bhakti Yoga Society in the Leslie (for vegetarians); Smuts foyer (open 'til late at night); Sally's Kiosk (across from the Sports Centre); one of the informal traders on University Avenue (i.e. McHarry's or Budget Rolls); outside PD Hahn (fruit etc.); the Tuck Inn in Barnard Fuller (Med School); Devil's Peak restaurant (Med School); or Middle Campus Cafeteria (Education Building).



## Insurance

As a student at UCT you automatically participate in the Group Personal Insurance Scheme, which is designed to provide cover for students against UCT-related personal injury resulting from accidental causes. It is valid from two days before the beginning of the first term until two days after the end of the last term. You can't claim

if you attempt to commit (or succeed in committing) suicide, or if you fly an aircraft, participate in a riot or 'civil commotion' or fall pregnant.

To file a medical claim, contact Reception, Student Health Service, or Ms Posniak, Student Health Satellite Clinic, within 48 hours of the accident.

## JOB

JOB exists to help students, especially disadvantaged students, find jobs. They are housed in Protea Bungalow 8, Lower Campus, and can be called at 650 3549.

The bureau also selects financially needy students for participation in its CV building programme, which simultaneously employs and develops the skills of needy students.

## Legal Aid

The Legal Aid clinic operates out of the Protea building and can be contacted via the Faculty Office.

Students of the Law Faculty offer free legal advice to a limited number of students unable to afford lawyers' fees. Their activities are monitored by a qualified and experienced lawyer.

## Libraries

UCT has a three quarter of a million volume stock, receives nearly seven thousand periodicals, and makes all of this available to you. Library tours are offered in Orientation Week. Given the size of the complex, it is a very good idea to let somebody who knows their way around show you where everything is. Undergraduate students may borrow up to six volumes at any one time - for a period not exceeding one week, which differs for postgraduate students. Fines are not small (which does not differ for postgrads).

BORIS (the Borrowers' Information Service) is the computer catalogue in the library. There are terminals throughout the library from which you can search for material anywhere in the library.



Materials are placed on Short Loan when a certain article or book is sufficiently popular that a lecturer thinks it wise to allow people to borrow it for a short time only. In this case there is generally a copy for every fifteen or so people in your course. These copies are placed in the Short Loan centre, which is on the Jammie Hall level of the Jagger Library (to the left of Jammie Hall when facing the mountain). You can take them out, using your student card as normal, but only for three hours (sometimes, only for one hour, even). It may not leave the library at all. You either read it fast, or you photocopy it. The only other option is to wait until 3:30 pm and take it out overnight. Overnight loans are usually due by 9:30 the next morning, but make sure to always check the time it's due before setting your alarm clock because short loan fines are particularly stiff.

Books cannot be taken out of the African Studies Library, only theses of which there is more than one copy (whoopee!).

All UCT libraries are accessible to all UCT students. If you are a med student interested in architecture you may use your student card to take books out of the architecture library. The Law Library is different: there you must be a registered Law Student to gain access during peak hours.

Recently re-opened is the South African Library, in the Company Gardens (adjacent to Parliament). This is a library of deposit, which holds one of every book published in this country - and many other volumes (including this diary). Ph. 24 6320. Anyone may join, and membership is free. Books are for inspection, not for loan.

## Phones

There are public phones in the following places:

- Beattie Lecture Theatre foyer;
- Centlivres Building, next to the lift on level two;
- Law Faculty Building, outside the Moot Room;
- Leslie Social Science opposite Theatre 1E;
- In all residences;
- Rhodes Gift Post Office, University Avenue;
- Student Union: Blue level, just under the portico, at the bottom of the semi-external staircase (if that helps you); Blue level next to the lift; Yellow Level outside Molly Blackburn Hall; Green Level at the top of the stairs.

## Photocopying

There are many machines on campus. The most accessible are in the library, either in the basement of the library (underneath Short Loan), or scattered. UCT's machines are all linked by your student card. You can put money onto your student card

either by paying cash in the library photocopy centre, or by feeding coins into the machines scattered around campus.

Alternatively, UCT has its own photocopy shop, the UCT Cash Copy Shop, which does binding and photocopying for you. This is found between the Student Union and Jammie Hall, right at the mountain end.

## Places of Worship

The University is a secular institution. It neither has official priests nor officially supports any religion, or religion at all; however, student initiatives have lead to the establishment of areas of worship on campus and off.

There are three places of worship on campus: one for Muslims, one for Christians and one for Jews. These rooms are to be found at the back of the Student Union. Also, there are three Christian organisations just off campus: Kolbe, the Catholic Chaplaincy, the YMCA and Ansoc's Cambria - I Stanley Road.

For a more detailed listing of religious societies on campus, refer to the Freshers' Guide.

## Post Office

'Rhodes Gift' is the name of the post office to be found just right (if facing the mountain) of the Student Union. Phone them at 685 5460 if you need information.

## Student Cards

If you lose yours, you can have it replaced just next to the Photocopy Centre, between Jammie and the Student Union. It costs R30 though - so, don't lose it.

## Student Health

Student Health is in Bungalow 7 on Proteam Campus. Open 08h30 - 18h00 during the term weekdays and until 16h30 otherwise. Phone 650 3662. The Sports Injuries Clinic is in the Sports Centre - 650 3560.

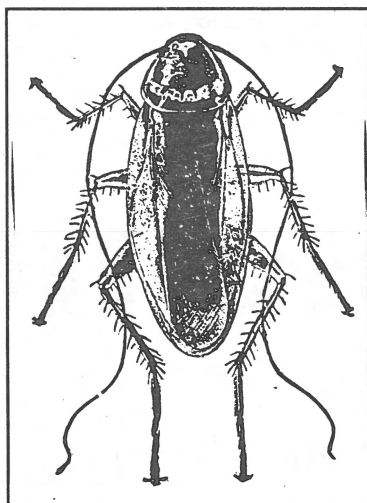
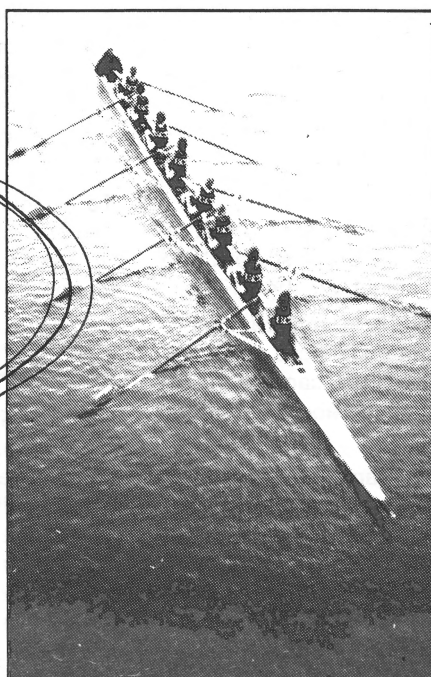
There is no medical aid scheme for students, but the University does offer limited medical service on campus.

Student Health offers: normal consultations with a GP and with the nursing sisters, psychotherapy, a contraceptive advice service (including an AIDS information service), a casualty service, advice and help with sports related injuries, and eye-testing.

Cost? Medical aid rates if you can afford them, charges waived if you are needy. If you suffer from a learning or physical disability - and want extra time in exams - Student Health will need to examine you in the first quarter of the year.

Psychological problems? Student Health employs a clinical psychologist full time - all consultations strictly confidential.

Phone them at 650 3000 or 650 3662. Or if you need a pharmacy there is one on the Red Level of the Student Union.



## Student Media

There are three branches of the media on campus:

There is *Varsity*, the official student newspaper, which is affiliated to SASPU (South African Students Press Union). *Varsity* is published eight times a year (i.e. twice a term), and is committed to keeping students informed of current developments at UCT.

Aspiring journalists tackle controversial issues in the 'features pages', ranging from student escorts and abortion to Kurt Cobain's 'suicide'. Detailed accounts of the latest Ikey victory (or defeat) are covered in the 'Sports' pages, while 'Arty Varsity' is filled with entertainment news, drama school updates and interviews with local musicians. The 'inter-campus' page covers news from South African and some international universities.

*Varsity* provides training in all aspects of journalism, including writing, DTP, computer skills and photography.

As responsible journalists, they adhere to principles of non-racism, non-sexism, non-heterosexism and democracy. Content and direction of the newspaper is determined by *Varsity* members. Membership is free and is open to all UCT students. Join *Varsity* by visiting the office on Green Level, phone 650 3543 or e-mail [varsity@its.uct.ac.za](mailto:varsity@its.uct.ac.za).

The second branch of student media is UCT Radio.

UCT Radio is your campus community radio station. They broadcast to the students and staff of the University of Cape Town every day between 6am and midnight, on 104.5 FM.

They cover a radius of approximately 15km from campus, a distance which includes all line of sight residences and traditional student digs areas. Effectively they can reach approximately 85% of residence students, and about 65% of all UCT members.

Their broadcast format covers a wide range of music programmes, from pop to rock, house, hip hop, alternative, reggae and rap, as well as regular news and campus information programmes, interviews, talk shows and plenty of great competitions. Their staff is made up entirely of UCT students and personnel.

The third branch of student media comprises student society publications like *On Trial*, *Ascent*, *The Outspoken*, and the like.

## Traffic Office

This is in the Centlivres (Architecture) Building. Phone 650 3314. Here you'll be able to get parking disks, and pay fines.

## Top CD

There is a branch of Top CD just near the Bookshop on Red Level of the Student Union. It's run by a dude called Chris.

## Transport

There are four ways of getting up to campus:

1. Jammie Shuttle is a bus-taxi service between the foot of Leo Marquard and the Plaza. Cost? 80c (increase from 60c at the end of last year, which was an increase from 50c throughout the majority of the year). Operates between 06h50 and 17h00 during the week, later during exams.
2. Buses: There are bus services between campus and Mowbray, Claremont, Salt River railway station, Golden Acre (in town), Lower Campus and Medical School. Full timetables available in the back of this Diary.
3. Hitching and 4. Walking: the former can be hazardous. The latter, though, is good for you. (It builds character.) (Especially when it is raining.)

## UCT Bookshop

To be found on Red Level of the Student Union. Here you can buy many of your textbooks, either new or second hand. Also stocks: stamps, stationery, phone-cards, computer-ware and environment-friendly Reviva paper. It also does binding.

## UCT Courts

UCT has its own court structure and its own 'laws'. These rules are contained in a booklet available from any faculty office. These offences range widely: from standard crimes like assault and damage to property and peculiarly academic crimes like 'academic dishonesty' (including cheating in exams and plagiarism). Somewhere in the middle of this range fall offences that UCT takes more seriously than external courts, like sexual harassment.

The court can hand down a number of sentences including expulsion (you are thrown off campus for good), rustication (you are thrown off campus for a specific time period), community service and fines up to R3,500-00.

You can get representation if you want it by talking to the Courts Convenor, who will get a volunteer from the school of practical legal studies to assist you.

# UCT BOOKSHOP

Red Level, Students' Union

Phone: 650-2485

your campus store

now with CD shop and pharmacy

All Books  
New and Seconhand  
All year Round

Stationery Bargains  
Newspapers/ Magazines  
All year Round



# HARASSMENT

'Harassment' is often divided into two categories -- sexual harassment and racism; however, it is important to recognise and understand that those are not the only forms of harassment, though they tend to be the most acknowledged. You can be harassed or discriminated against on many bases. You can potentially be discriminated against because of your sex (biological categorization), your gender (social construction, e.g. you may be biologically male but consider yourself a woman), race, ethnic or social origin, disability, political beliefs, religion, and/or sexual orientation. Also, keep in mind that you can be discriminated against or harassed on any combination of the above-mentioned bases.

There is, however, a difference between harassment and discrimination. Someone can harass without discriminating; for example, a male employer can indiscriminately harass all of his female employees, in which case none of them is being treated differently, yet they are still being harassed. In fact, you can be harassed on any basis. For example, a person may decide that she/he doesn't like your hair for that day, or any day for that matter, and then decide that you merit their unwanted attention.

## What is harassment?

Harassment is generally and broadly defined as unwanted attention, or perhaps more easily understood as *perceived* obnoxious behaviour. That means that the recipient of the unwanted attention should make it clear to the perpetrator that the attention is indeed unwanted. If we lived in a perfect world, everyone would have the same idea of what is harassment and what is not. But, we don't, therefore, the person being



harassed needs to inform the harasser that the attention is not wanted and should subsequently cease, because most people don't read minds. (For further information on sexual harassment and racism, see the publication printed by the Student Advice Office.)

## What is discrimination?

Discrimination is the disparate treatment of an individual or group on any given basis or combination of bases. Why do people discriminate? Though that is a difficult question to answer since reasons vary from person to person, generally people discriminate because of archaic stereotypes based on very little information acquired from actual experience, but instead on hearsay or because "that's the way it is."

## What are the implications?

What is particularly difficult about discrimination and harassment is that the person being victimized does not always feel in a position to protect her/his rights. Say, for example this person feels her/his

marks, or paychecks, or other things on which we rely to progress in this world are at risk; this person may feel extremely uncomfortable speaking or acting against the harassment or discrimination to which she/he is being subjected.

## What can you do about it?

For issues not related to racism or sexual harassment, there's the Public Protector at (021) 461 5010, if your rights have been violated. For further information on rights, see the article in the UCT Diary. For issues of racial discrimination or harassment, phone Thandabantu Nhlapo at 650 3079 or Frank Molteno at 650 2112/3. For concerns of sexual harassment, phone 650 2112/3 during weekday office hours or 650 3530 anytime, which is an answering machine that will hook you up with a person.

# HIV and AIDS

Though commonly referred to as AIDS (which is short for 'Acquired Immune Deficiency Syndrome'), HIV (Human Immuno-deficiency Virus) is technically the virus that leads to AIDS. You can have the HIV virus for many years if you take care of yourself before you develop AIDS. There is, however, no known cure for AIDS.

HIV is transmitted through the mixture of dense bodily fluids, such as blood, semen, or vaginal fluids. (According to the latest medical reports, the virus is not transmitted through tears or saliva.) The most common form of transmission today is probably through unprotected sex with an infected person, which means that the highest risk group is made up of those who are sexually active, regardless of their sexual preferences and orientation. It can also be contracted from sharing a needle for intravenous drug use with an infected person; from an infected mother to an unborn child; and through contact of infected blood with broken skin.

The virus cannot be contracted from:

- toilet seats;
- mosquitoes, pets, moths, or bedbugs;
- sharing cups, mugs, forks or spoons;
- swimming pools;
- being next to or close to someone with HIV;
- donating blood;
- open or French kisses.



Because HIV is most commonly transmitted and contracted through unprotected or unsafe sex, the most effective preventative measure is safer sex, which means the use of condoms for penetration, as

well as for fellatio (oral sex performed on a male), and dental dams for cunnilingus (oral sex performed on a female), which measures should be used every time. If you encounter a partner who is unwilling to use protection, you must decline right away, keeping in mind that if you agree, you place yourself at risk of contracting a virus for which there is no cure. Indeed, the only 'cure' is prevention.

If you think you may have contracted the virus, you should promptly consult either your doctor or one of the many consultation clinics in the area to be tested, so that if you are positive you can begin to take measures to take care of yourself and maintain as high a level of health as possible. Also, if you do find out that

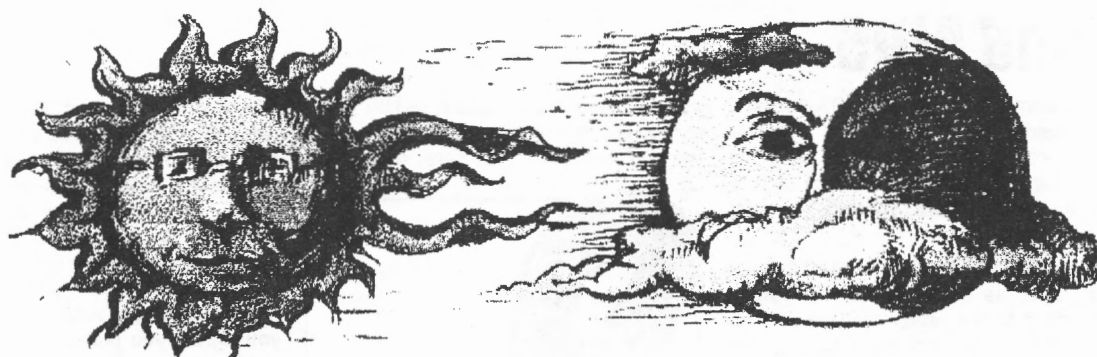
you are positive, you are under no obligation to inform anyone, such as your employer, your school, or your landlord; because the fact is that even in 1996, people still discriminate against those with HIV or AIDS. But, you should take care to protect your sexual partners by using protection and also by informing them so that they can make their own decisions.

There are support services available.

Triangle Project (Gay and AIDS)	448 3812
Helpline	21 5420
ATICC	210 2682
Student Health (free tests and counseling)	650 3662



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# stretching your rand

## Budgeting Tips for Financial Aid Students

**You have made it to varsity, but the hard part is still to come. Since Financial Aid does not have the resources to cover all of your costs, how you budget your money this year just might make the difference between a successful year at UCT and financial exclusion.**

Bear in mind that although financial aid allows you to overdraw to the sum of your shortfall, you will not be permitted to register unless you have settled your debt. So, here are some tips to help you manage your money.

If you qualify for financial aid you may draw money at the Financial Aid office after registration.

If you are staying in a self-catering res or in private accommodation it is absolutely essential that you familiarise yourself with your financial aid package. Calculate the rent and food costs over a ten month period. Subtract this amount from your total income. Divide the balance by ten to arrive at your monthly allowance. When going for an advance, try not to draw more than your monthly allowance and your board and lodging costs. Spend frugally until you are informed about your financial aid package. Financial Aid completes its allocation of bursaries and loans at the end of April.

Save on your book allowance by purchasing obligatory texts *second hand*, either from the UCT bookshop or by consulting the notice boards. Or, you can borrow the text from senior students reluctant to sell. Do not, however, buy recommended texts.

Do not try to get credit clothing accounts.

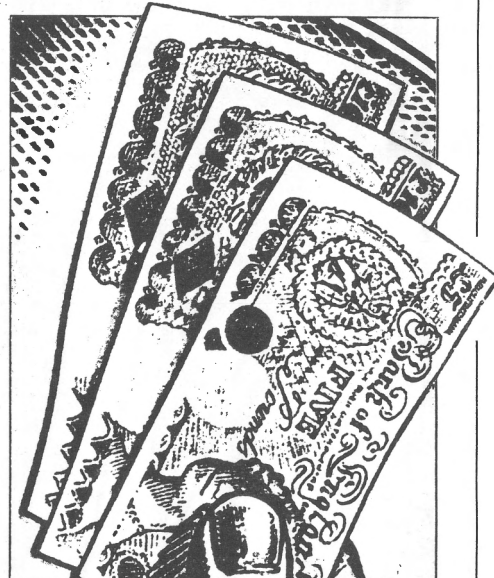
These will place a disproportionate financial burden on you in the long run. To stand out against the whirl of images on campus takes imagination. So relax. Leave the flea markets, particularly

Green Market Square, to the 'consumer boomers' and go for a healthy alternative: factory shops. There are plenty of

factory shops in Woodstock and in the Northern Suburbs area.

Cut long term costs by developing marketable skills, such as computer literacy and time saving, and cut short term costs of paper by learning how to use a

computer. The Academic Development Programme (ADP), on the third floor of the Robert Leslie Building, runs a beginner's course in WordPerfect for a nominal fee of



R10 for a 5-day intensive course. Though the course is available only to EAP (English for Academic Purposes) students in the first semester, it is open to all students in the second semester. The ADP Computer Literacy Project will also be offering courses in MS Works this year for the first time. For Res students who are computer literate, and for those who will become computer literate, each Res is equipped with a computer room.

Install your own mobile watering hole. A snug fitting flask is the ticket to an active night on the town... on the house (don't let the advice drive you to the bottle).

Finally, and perhaps most importantly, try to get a part time job that will not be too demanding and interfere with your studies. One option is to apply to Job Opportunities Bureau (JOB) for part time employment. But, search with other employers as well, since JOB operates in a saturated and highly competitive market, and subsequently cannot guarantee you employment.

The Student Advice Office welcomes opinions, ideas, tips and suggestions in response to this article by means of a letter. Please address the letter to:

Budgeting 1996

Student Advice Office

Yellow Level

Students' Union

## RACISM

### and RACIAL HARASSMENT

UCT has a policy on racism and racial harassment which provides for dealing with problems of racism and racial harassment where they arise **informally** through counselling, mediation or other informal interventions or **formally** through making a complaint to the Vice Chancellor who will institute disciplinary proceedings if there seems to be sufficient evidence of misconduct or a breach of the University's rules.

For  
**confidential counselling  
the help of a mediator  
workshops on racism**

### CONTACT

Frank, Olivia or Thandi at the Equal Opportunity  
Office  
Third Level, Education Building, Middle Campus  
Tel: 650 2112/3



# *clubs*

{Yup, we even have a jazz club.}



## Amnesty International

**A**mnesty International (AI) is a worldwide voluntary movement that works to prevent some of the gravest violations of people's fundamental human rights by governments. The main focus of its campaigning is to free all prisoners of conscience, who have not used or advocated violence, but have been detained for their beliefs or because of their ethnic origin, sex, colour or language. AI tries to ensure fair and prompt trials for political prisoners; abolish the death penalty, torture and other cruel treatment of prisoners; end extrajudicial executions and "disappearances". It also opposes abuses by opposition groups: hostage-taking, torture and killing of prisoners and other arbitrary killings. Amnesty International, recognizing that human rights are universal and indivisible, works to promote all the human rights enshrined in the Universal Declaration of Human Rights and other international standards, through human rights education programmes and campaigning for ratification of human rights treaties. Most importantly, Amnesty International is impartial. It is independent of any government, political persuasion or religious creed. It does not support or oppose any government or political system, nor does it support or oppose the views of the victims whose rights it seeks to protect. Amnesty International is financed by subscriptions and donations from its worldwide membership and from the public. No funds are sought or accepted from governments. Contact Arthur Atwell at 64 3580 or Amnesty@law.uct.ac.za



## Geographic Society

**G** The Geogsoc is a society that aims to increase our exposure to the geography of the world around us. Whether it be day hikes in our local mountains, extended trips down the Orange River, visits to the Game Parks of Swaziland, or interesting talks and workshops on campus - the Geogsoc aims to take Geography out of lectures and course readers and into our real experience.

While trying to make the study of geography more interesting and relevant, the Geogsoc is also for those of us who are not studying it as a subject at UCT. Geography is about the space we live in, both natural and 'man-made', the mountains and the cities and is of interest to all of us. The Geogsoc hopes to let us explore our living space, and the things that effect it, in a way that we can learn from and enjoy.

For those who are studying geography, or are interested in any environmental career, the Geogsoc hopes to provide information, contacts and new ideas in our plans for the future.

Many of us have only been exposed to a limited variety of environments, the city buildings or Cape beaches. There are many more areas out there we would like to see and experience, and the Geogsoc is one way of getting there.

## Bhakti Yoga and Vegetarian Society

**B** The Bhakti Yoga and Vegetarian Society aims to promote an awareness of self through the timeless science of spiritual enlightenment, as presented in the Vedas of ancient India. The society meets every Tuesday and Thursday between 12:40 and 1:30 pm in the Richard Luyt Room, Student Union. All Lectures are given by senior members of ISKCON, including eminently qualified speakers from all over the world, and each program is accompanied by a sumptuous vegetarian feast. Incense, books, magazines and beads will also be on sale.

In striving to cultivate self-realisation, transcendental awareness and the sublime philosophy of simple living, high thinking; the BYS focuses upon subjects such as mantra meditation, yoga, karma and reincarnation, readings in Vedic literature, Ayurvedic medicine and vegetarian cooking. These topics are discussed in an informal, relaxed and participative manner so that the maximum benefit may be derived by all. As far as possible, theory is balanced by practical demonstration and application. For example, members are encouraged to learn and play traditional Indian instruments which serve to enhance the process of meditation. Presentations of dance and drama are a further dimension of the holistic spiritual culture that is central to the society and such presentations are always favourably received and very much appreciated. The society also organises retreats, festivals and seminars for its members, and encourages them to engage in spiritual welfare work by assisting our 'Food for Life' project, which benefits many small children in the poorer townships. In addition, the BYS runs a veggie kiosk in the common room of the Centre for African Studies. This kiosk is open to all and the meals are served between 12:30 and 2:00 pm. Finally, the society publishes a magazine called 'The Higher Taste' which is full of articles and insights on spiritual as well as contemporary social issues.

## Ballroom Dancing

**B** Two Left Feet? Well join the Ballroom Dancing Society and we'll put one of them right (excuse the pun). Imagine yourself in a very short time being able to do the Cha-Cha, the Rhumba, the Tango, Rock and Roll (with the lifts and throws) and many more of the dances you've always wanted to be able to do.

Besides learning to dance, the Ballroom Dancing Society is a great place to meet new people - we are the largest society on campus. We are a social club so our main aim is naturally to enjoy ourselves while learning to dance.

Too busy? Not a problem, we run three different beginners classes every week on Tuesdays and Thursdays. You are not required to sign up for a particular class so if you can't make your normal one in a given week you can go to another.

Don't have a partner? Not a problem, most of the people who join come without one so we'll find you somebody to dance with.

We will have a stand on the plaza every day during Orientation Week so feel free to come and chat with us at any time or just come to one of our classes.



## Pan Africanist Students Organisation of Azania

**P**ASO is a national student organisation which is affiliated to the Pan Africanist Congress of Azania. Paso-UCT branch was launched in 1991. During its existence at UCT PASO has always been at the forefront of student battles against colonialism and capitalism at UCT. These include the fight against academic and financial exclusions and a fight for total transformation of UCT as a whole. Despite efforts by administration to perpetuate colonialism and white male domination a transformation process was started in 1993. PASO's role has been that of upholding the interests of those students who have suggested alienation from this institution. PASO subscribes to the principles of PAN AFRICANISM as an ideology. Viz: Scientific Socialism, African Nationalism and Continental Unity.

We believe that the unity of the African Nation, especially the working class, against internal and foreign capitalist exploitation will bring a solution to African problems. Pan Africanists believe in the total destruction of the existing capitalist tendencies, which results in the exploitation of human by human. As Pan Africanists we hold a view

of Non-racism, which means the recognition of only one face, the human face.

PASO views UCT as a European satellite in Africa, with the mission of maintaining Eurocentric and Capitalist values. We believe that UCT should be an African university and reflect that in its demography and ethos. We call on all students, who cherish these noble views, to come and join PASO for the sake of the African (especially the working class). Our office is office number 2 at the small block adjacent to the Student Union Building. You can come and ask any questions concerning PASO and Pan Africanism. Look out for our stall during Orientation Week.

## Investor's Club

Have you got money? Would you like money? Are you interested in how people with money keep it and make more? If these issues appeal to you then the Investor's Club should have you in it. The Investor's Club tries to expose its members to a little of the world by bringing the bits of the financial world to you. It answers your questions about the stock market, the foreign exchange market, in fact anything financially and economically related.

Our program for th year includes meetings with (high powered) guest speakers. Not least of which being South African Reserve Bank Governor. Dr. Chris Stals.

The club is a definite recommendation for all Business Science and B. Comm students who would like to supplement their knowledge and complement their courses with some insight into how things really work. The club welcomes all though, regardless of your level of expertise. All that is required is interest.

Contact: Adam Greenblatt at 762 2524 (or e.mail grnada01@sonnenberg.uct.ac.za) or Howard Kagan at 794 5645 (or e.mail at kgnhow01@sonnenberg.uct.ac.za).

## Adventist Student Christian Movement

I greet you all students on behalf of my society; in the powerful name of Lord Jesus. As the name explain itself, this is a Christian Society in particular, Adventist. Every student is at liberty to join our society. There are nice programs. It is a good experience to work for the lord. Come and share the Good tidings of the coming Lord Jesus.

Our mission is to portray our pioneer, who initiated Christian Movement; Jesus Christ. We spread his mission which is known as the Ten Commandments. 'We' the members of the society preach the good news about God, Bible, Living with Christ, the End of the World and about the Future Home. Opportunities like this are so scarce. At this university; as you know; there are many difficult challenges which are faced by students. Maybe the Lord create a place of safety for you, under his wings. If you want to know how to contact us: look for the name Adventist Student Christian Movement at the stall. You will find us there during Orientation Week. You can contact me Ncedo Mcani for more information at this Tel Ph 685 7646/7/8 or 650 2161. Or Thembeke Tabane at Ph 686 8209 or 685 1106. Or Molapo Selepe Ph 686 8065. Don't delay, hasten and join us.

Yours faithfully, Ncedo David Mcani.

## Campus Crusade for Christ

Campus Crusade for Christ is an interdenominational Christian organisation working alongside the Church to reach people with the good news of God's love and forgiveness. Founded in 1951 by Bill and Vonette Bright, the organisation has since grown to be involved in over 152 countries around the world, reaching people from all walks of life. At UCT we are involved in proclaiming the good news about Jesus Christ, as well as training and disciplining Christians, so that they would WIN, BUILD, TRAIN, and SEND others.

We believe students are a strategic group that can be reached for Christ and that can then influence their world for Christ. At UCT we

want to offer you the adventure of your varsity career, as you are involved in impacting eternity by joining with us in reaching and discipling students for Christ. Come along for a year packed with action, making your mark at UCT that will be impossible to erase. Join us at lunchtime on the first Wednesday of Term in the Richard Luyt Room IZWELETHU iAFRIKA!

## Archaeological Field Club

Are archaeologists old khaki-clad men with bad backs and dirty fingernails, or are they clashing adventurers like Indiana Jones? Do you think the pyramids were built by spacemen and are you still looking for Atlantis? Join the Archaeology Field Club

(AFC) to discover what archaeologists really do. Come to our booth on the plaza to sign up, order your archaeology T-shirt, and discover when our first meeting will be. We plan trips to historical and prehistoric sites, fun evenings of films, slide-shows, talks and lunches. If you are a good organiser or simply interested in helping out, join the committee and take an active part in deciding what we do. Come to our AGM in the first week of term to help choose your committee for the new year. See you there.



## Students' Christian Fellowship

"The Voice of God in UCT Campus"

S.C.F. is an organization formed by christian students and staff members registered with UCT. As a Christian body, we are committed to preaching the gospel of Jesus Christ at UCT.

Our existence is necessitated by the following student needs which of course form the most basic constituents of the holistic nature of humankind: 1) spiritual growth/upliftment through fellowship with born again Christians; 2) students reaching other students through preaching the gospel of salvation; 3) involvement in student affairs as a Christian students body, ie Student Parliament.

As a student body, we are committed to helping people with first time experience at tertiary institutions, i.e. UCT, which is made up of people of different races, religious beliefs, social and educational background to acclimatize to the new environment comfortably. The new environment set-up actualise your need as a Christian in particular to be committed to a body which offers the following: 1) spiritual, academic and social guidance, particularly to those who are from underprivileged communities, i.e. townships; 2) an already laid foundation on which you can firmly build your ministry of preaching the gospel to fellow students by establishing partnerships with other Christians (Abazalwame) in fellowship.

S.C.F at UCT is not solitarily confined to this campus, but has well established inter-varsity relations with Western Cape and other south African Christian structures which are based on common vision. Your involvement in SCF will help you get in touch with other Christians outside of UCT.

It's about time you realize that the harvest is ripe, and the Lord is looking for labourers who will bring in the harvest to the Kingdom: Luke 10:2. I therefore challenge you to make this your first year experience at UCT, i.e. discovering your potential, taking your position, and beginning to harvest.

SCF membership is open to all who are committed, those who would like to be committed to preaching Christ, and those who would like to know anything about the gospel of Jesus Christ, irrespective of your denominational affiliation.

Thank you and God bless you rightly!



Contact information:  
 Orientation Week  
 Prayer and Worship Meetings  
 Venue: Education Bldg LT2  
 Date & Time: Mon-Fri 18:45-21:00

## Students' Christian Association

S.C.A. is a non-denominational, non-racial society which aims to provide a meeting place for Christian fellowship and study on campus. We are affiliated to the International Fellowship of Evangelical Students (IFES), and have links with numerous campus Christian Societies - local, national and international.

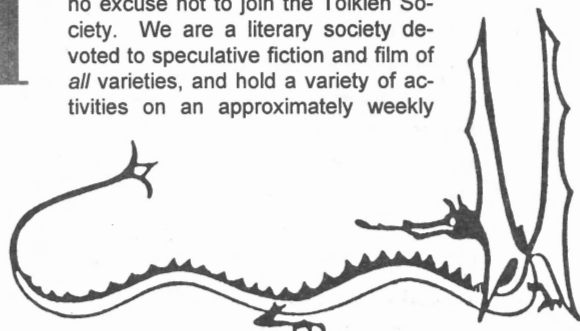
We are a student-led society, so we are in touch with issues currently affecting students. This provides leadership opportunities within the student body for people keen to serve their peers and God through student work.

In 1996, we hope to deepen friendships, strengthen cross-cultural relationships and reach out to our local community.

Please visit us at our stall on the plaza during Orientation Week, and join us at one of our meetings during the week. Looking forward to chatting.

## Tolkien Society

Even if you've never read *The Lord of the Rings*, that's no excuse not to join the Tolkien Society. We are a literary society devoted to speculative fiction and film of all varieties, and hold a variety of activities on an approximately weekly



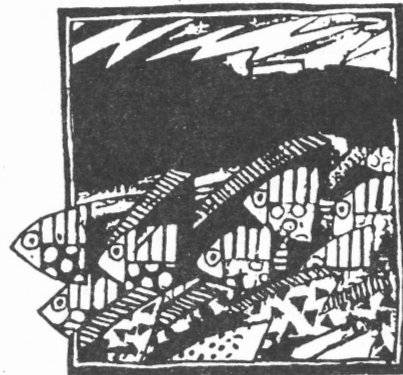
basis: big screen videos are usually shown on Thursday nights, but we also have regular costume parties (complete with refreshments - any excuse to get drunk in silly clothing, really) and remarkably civilized cheese and wine affairs with readings, Goon Shows, Hitchhiker tapes, or whatever we can dream up. And there's more!!! Our journal *Silmaril* is published twice yearly (touch wood) and is a great chance to see your name in print, whether you write speculative fiction or poetry, or criticism of same, or draw pretty pictures, or can persuade us that whatever you do is suitable. So join us, we have fun, and you can pretend to be cultured and literary even if you're studying Engineering.

## Genesis

Welcome to UCT. I hope that you are getting used to reading things because there is a lot more to come. We understand that UCT can be quite a confusing place to start with (because we've been in your place before), so we at Genesis would like to help you find your feet as soon as possible. Genesis is the student group of Jubilee Community Church. Our vision is linked to that of Jubilee. We desire to be a non-racial group of students who share Christ in various ways with our fellow students. During Orientation Week, we will have a table on the plaze (below Jammie steps) where you will be able to get help with directions, find out about events, and get to know some of us. We are planning various music concerts; we will be helping at the Rag parties; we will be going to the beach, and

much more. Soon after Freshers' Week is our students' camp where about 150 students go away for a fun weekend of fellowship, worship, input, and sport.

During term we meet on Wednesdays at 7:30pm at 6 Cambridge Flats (on Main Road, opposite Tugwell) for fellowship, studying the bible, worship and fun. On Thursdays, during lunch, we meet on campus to pray. On Sunday, we are at Jubilee Community Church. If you want to know anything more, contact Mark Leatt at 685 2612 or Debbie Fraser at 689 3470. Feel free to come and visit any of our activities and meetings. Enjoy your year.



## YMCA

Hello, Hi, Howzit!

Nooo, we are not offering you accomodation (we don't have a residence)! We are offering all of you discerning and bright UCT students the opportunity of a life-changing experience. Pardon the Y<sup>M</sup>CA ladies, but international negotiations for changes are underway and here at UCT we like to be known as "Student Y".

Student YMCA has been an integral part of the UCT scene since the days of Noah (well not quite!). We function as an interdenominational Christian society with everything we do based on the authority of Scripture. WAIT...Don't put this down if you just read Christian and thought...Blah, Booooooring...read on!

Just take a look at our Freshers' week programme! It is custom-designed to give you maximum exposure to the Cape, previously unattained heights of enjoyment, and the perfect opportunity to get to know people. All this for...wait for it...MINIMUM, YES the MINIMUM price!

Being very perceptive you will no doubt ask, "why your programmes and not the ones offered in res, etc?" The reason is as follows: y'see, by personal experience, we've found out that an uncomfortable number of Freshers' Week activities (which aren't compulsory by the way) turn into an excuse for a big "booze-up" and result in regrettable behaviour. Sooo...we are offering some great alternatives, I mean who needs to get drunk to have rave!??? (Hands up)

We are really looking forward to meeting you in Freshers' Week but more than that, it would be great to have you as part of our ongoing programme. Bible Studies are offered at different times on campus, in residences, and at the Student "Y" centre. We have a lunch-time "School of the Bible" where you can do courses giving ACTEA accreditation. We have a praise and worship get together every Wednesday at 5:15.

There are also hikes, camps, seminars and lots, lots, lots more throughout the year! Watch out for posters telling you the when and where. Get in at the beginning!!! Look out for our campus stand during Freshers' Week.

## Rainbow Organization

So, it's Orientation Week, and if you're feeling like you're the only, gay, lesbian or bisexual on campus, you're not alone!

The Rainbow Organization is dedicated to promoting lesbian, gay and bisexual interestes on campus through support, education and action. Rainbow is open to anyone inter-



ested in anon-homophobic UCT: you don't have to be gay, lesbian, or bisexual to join!

Being gay in South Africa hasn't been easy, and it has taken its emotional toll, so if you're having problems coming to grips with being gay, Rainbow can offer and direct you to support, both informal and professional. 1996 is going to be a big year for human rights in general and gay rights in particular as we see them enshrined in the new constitution. But, having rights on the law books isn't enough; we need to let the public know that moffies, dykes, and bi's are just as good as any heterosexual, that we don't pose a moral or social threat to humanity, and that we deserve to be taken seriously. To that end, Rainbow will ensure that the gay community is heard, taken seriously, and will have its rights upheld.

Ultimately, we want to see the gay issue turn from one of conflict to a celebration of diversity as represented by the rainbow colours of our organization. So, if you've got a contribution to make to gay life on campus, or even if you're just curious, then come along to our first meeting.

## Anglican Society

**A**nsoc is a society of Christian students on campus. Even though it is under the Anglican Chaplaincy, students of all denominations are welcome to be members. The society's emphasis is on the creation of a community which wants to see life in its wholeness as they seek to know and to follow God's will. Besides worship and praise, the society helps the members to take part in community projects eg helping with the street kids. We also invite several speakers to come and speak on what the Bible says and the world we live in today.

Father Bob Commins is our Chaplain and he offers spiritual guidance and pastoral care. Why not join us and have fun with us?

## Film Society

**F**ilmsoc is back: bigger and better than ever before!! Come and meet us on the Plaza during Orientation Week and sign up for an outrageous movie ride. Whether you like Dolly Parton, David Lynch or Jeanne Claude van Damme, there'll be something for everyone. This year we'll be showing movies from the rare to the really recent, including a festival of schlock and sinister cinema (true tales of werewolves, wanton women, and vampires with a mission). And if more serious fare is what you're after, look out for our screenings of rare archival movies including the controversial German documentary *Triumph of the Will*. Yup, from silent classics to the latest hell fire action movies - we've got them all at Filmsoc. We meet each week at the River Club in Observatory. So join us for the greatest movie deal in town. For membership and a full programme listing meet us at the Filmsoc table. The best year of celluloid fun is about to begin!

## Action for Animals

**A**ction for Animals (A4A) is an animal rights organisation which aims to promote awareness of issues in the UCT student body. We have a large collection of books and journals, full of information on a whole range of issues, including animal rights philosophy and specific details of areas of abuse. Once a library system has been worked out, members will be able to borrow these items. In 1993 A4A assisted in the formulation of the Animal Groups Alliance, which is a networking organisation aimed at uniting the efforts of

various groups within the realm of animal rights and animal welfare. Groups included so far (in the Cape) are: the S.P.C.A., Beauty without Cruelty, South Africans Against Vivisection, Vegans in South Africa, Researchers for the Ethical Treatment of Animals, Earthlife Africa, A4A and Humanity for Hens. The animal groups alliance has also started to form branches in Johannesburg and Natal, including important organisations such as Falcon and ARC (the Animal Rehabilitation Centre). Both A4A and AGA need your help to continue their work and to get more involved publicity campaigns. We are in need of an editor, photographers and artists (we are prepared to pay for these services).

## Baha'i Society

*"The earth is but one country and mankind its citizens"*  
- Baha'u'Uah

**B**As we approach the end of the century, all the challenges confronting us have been fused into one common concern for the whole world. In this context, the Baha'i society provides a unique function by creating a forum for open and frank discussions on topical issues without party political bias or doctrinal prejudice.

We hold thought-provoking and informative meetings on such issues as world peace and eliminating racial and religious prejudice, while aiming to appreciate the spiritual basis and purpose of human life. By inviting societies and individuals of varied backgrounds to meet together, we foster a spirit of harmony that overcomes cultural, religious and ideological barriers. In this 'global village' the potential in this form of dialogue is great and the need urgent.

The Baha'i Principles are:

- Oneness with God
- Unity of all religions
- Unity of Mankind
- Elimination of all prejudices
- Equality of Sexes
- Independent investigation of truth
- Universal Education
- Harmony of Science and Religion
- Elimination of extremes of wealth and poverty
- World Peace
- World Administration
- Universal Auxiliary Language

We urge all citizens of our planet to help build a better world.

For more information on the Baha'i Faith or for dates of our meeting, please contact Shamin (4485770) or Djam (6853877).

## UCT Flying Association

**U**The UCT Flying Association is based at D.F. Malan airport where we have a clubhouse. Our aircraft is a four seat, 160 horsepower Piper Warrior and is very well equipped with radios and instruments, and is much better than most club aircraft.

Membership is open to anybody who has been a student or member of staff at some time or other. This means that people can join after they have left UCT. Members of the association are also able to fly aircraft belonging to other Cape Town flying clubs. The association has the facilities to train people from the start, through the Private Pilot Licence, Night Rating, Instrument Rating, to the Commercial Pilot Licence. We offer a very high standard of training - we believe better than most training organisations. Our pilots get the best training available.

To obtain a Private Pilot Licence, you need 40 hours of flying. Wearing glasses and other minor medical problems will not exclude you from obtaining a private licence.

To obtain a Private Pilot Licence will cost approximately R14 000. Rental of the aircraft is R225 per hour, which is much cheaper than similar aircraft at other clubs.





Trial lessons can be arranged. For those who are happy to go on pleasure flights around the peninsula, with no intention of becoming a pilot, this fantastic service is available at R225 per hour. While flying is certainly not cheap, it is very rewarding and worthwhile. Anybody interested in joining the UCT Flying Association can contact Edward Gordon at 61-4500 or Dietlind Lempp at 696-5737 (or 934-0257 in the mornings).

## Botany Club

The Botany Club is undoubtedly the best organisation on campus - most members agree. What other club offers such a wide range of activities as a trip to the Karoo, National Parks, talks and slide shows, free cheese and wine parties, a free lunch at a wine farm in Paarl, and the opportunity to get involved in conservation projects?

So much for last year's events; what about our plans for this year? Many day outings will be organised as well as slide shows, talks and social events. Once again, we will be involved with various projects, like the Riverlands project, for example. The club subsidises all activities, such that you can expect to pay practically nothing, even for major trips.

It seems rather obvious that our club is exceptionally active and that there is something in it for virtually every person, even those with only the slightest interest in nature. It is open to all UCT students, not only botany students. Do yourself a favour and join the club!

## UCT Choir

1995 was the choir's tenth anniversary and 1996 is going to be even better! This year there will be auditions, and obviously we have a standard to maintain - especially when working with Barry Smith, a conductor of such high esteem (who also conducts the illustrious St. George's Singers). It looks like the choir is going from strength to strength. Various *a capella* concerts are being planned, hopefully some in conjunction with the other university choirs in the Cape, and a tour during the September vac is also on the cards. So, if you want to sing and have a good time (traditionally the choir rounds off its practice at Forries) come along to our table on the plaza or call Freya Griffiths 643 - 851 for details. See you there!

## Choir for Africa

UCT Choir for Africa is a student choir which started in 1987 and has since represented the Western Cape Region in the Old Mutual/Caltex National Festival. In 1989 the choir was invited to Sweden to represent Africa in the International Music Symposium. The Choir is the first university choir to compete with other community choirs in the National Choir Festival.

The Choir is involved in the community and with other charity projects. They participated in the Peace Festival in April 1994 in Kirstenbosch and were invited to the Presidential Inauguration on 10 May 1994. The choir also holds annual cultural evenings for intercultural activity. In 1994 the choir won Regional Competition and brought its trophy total to 20, and went on to represent the Western Cape Region in the National Choir Festival.



## Christian Medical Fellowship

The Christian Medical Fellowship is a non-denominational Bible-based society that aims to serve the needs of Christians in the medical field.

We meet every Thursday at lunch-time (1:00pm-2:00pm) in the Barnard Fuller building on medical campus. Most of

our activities are aimed at preparing Christians to face certain medical issues from a Biblical perspective. We also place prayer and fellowship high on our list of priorities. Other exciting events which CMF organises or facilitates are an annual weekend away and trips to Mission Hospitals during the June-July vacation, which is great fun.

Although first years seldom come to medical campus, all who are interested are welcome to join us on Thursdays or to phone Natasha at 913 3211 or Jan at 76 7157 for any further information on our activities.

## CLAWs:

*Reality is whatever you want it to be: we have discovered that campus is merely a subjective reality in CLAWs.*

CLAWs (The Cape Legion of Adventurers and Wargamers UCT) is the home of fantasy role-playing and wargaming on UCT campus. (Uninitiates may have heard of Dungeons and Dragons? If you haven't, you need to talk to us.) CLAWs coordinates the role-playing and wargaming on campus, matching players to campaigns, and provides a venue in the Student Union - the dreaded CLAWROOM - for campaign sessions, games and general contact with like-minded fiends.

We are one of the most active societies on campus: as well as organising games, we hold all-night video evenings, an annual tournament, workshops, discussions and seriously wild parties. Our magazine, *Clawmarks*, is a forum for technical role-playing articles, reviews, humour and artwork. We have a gaming library of over 250 items, open for use by members.

Our Orientation Week activities will include demonstration games, in which you are welcome to play or simply watch. You don't have to know what role-playing is about to join us - we arrange beginners' games run by experienced games masters. There are also wargamers available to teach you the various board games.

If you wish to be subverted into a society of alternative reality, interesting people and imaginative fun, you should be talking to us. Our deviants on the plaza will gleefully tell you more about the games, direct you to the CLAWROOM, and (heh, heh) sign you up.

*See you in someone's subjective reality*

*CLAWs...we keep you out of touch.*



## Igquba Theatre Society

Formed in 1993 by students from the Drama Department, the idea behind the formation of this society is to encourage people to be more involved in the creative arts (drama, dance, poetry, music etc.) The name 'Igquba' is a name from isiXhosa meaning the central place in the kraal where the problems of the nation are discussed and solved. Looking at the South African Nation, one finds that it is torn apart by fear, so it is time for everyone to get rid of that fear through the creative arts, which can wipe out the racial and sexual prejudices we have about each other.

Igquba Theatre Society has been involved in many cultural activities - the Grahamstown Arts Festival, the Pre-Orientation Programme, the Inter-Res Cultural Festival and has held drama workshops at the Baxter Theatre.

We will be having performances every evening during Orientation Week (drama, poetry, music, dance.) We encourage all new students to come forward with their items. Now is the time to break the cultural barrier.

Phambili - Ngeggquba - Phambile .

# H is People

We are affiliated to the His People campus church, which meets in the Baxter Theatre every Sunday.

We believe that the biblical Gospel is God's enduring message to our world, and we determine to defend, proclaim and embody it. We believe that on the cross Jesus Christ took our place, bore our sins and died our death; and for this reason alone God freely forgives those who are brought to repentance and faith.

We believe that God has committed to all His people the task of making Christ known throughout the world. We long to see all Christians mobilised and trained for this task, and thus our purpose is to make His commission our mission.

We realise that it is important for us to live balanced Christian lives. Practically, this means an adequate amount of input (for example, Bible School and Church), plenty of fellowship (including Cell Groups) and opportunity for output. In giving, serving and getting involved in the many different areas of ministry (for example, clowning and drama, and praise and worship), you can grow in the knowledge and love of Christ.

Finally, and most importantly, we believe that we who proclaim the gospel must exemplify it in a life of holiness and love, otherwise our testimony loses its credibility. "Dear friends, let us love one another, for love comes from God and knows God." 1 John 4:7

For more information contact the His People Offices at 686-9015 or Pastor Peter Storm at 686-3430.



# Hindu Students Society

The Hindu Students Society (HSS) endeavours to meet the social, cultural and religious needs of Hindu students at UCT. This is done by organising social activities, such as parties on campus, and social outings during which students are given an opportunity to socialise and interact away from the academic atmosphere. The society also observes all Hindu prayers and holds regular bhajan sessions. Activities are also organised for students to get together to

celebrate Deppavali. The HSS is also involved in the Western Cape Interfaith Youth Peace Forum in representing Hindu youth of the Western Cape. The success of the Hindu Students Society (and all that it endeavours) is based on the participation of its members. We therefore urge all Hindu students to join the HSS and become actively involved in it - especially students from the local Cape Town areas. We also urge all students who are interested in the eastern culture to join the HSS.

# Psychology Society

What are people? What can we do about them? Where do you fit in?

We invite you to join us in an open-minded and enthusiastic exploration of questions like these. One of the Psychology Society's functions is to represent UCT psychology students, but non-psychology students can join, get involved, and benefit. You don't have to be a psychology student to become a member!

Among many things, our plans for 1996 include exciting movies and talks (possible topics range from parapsychology to gender issues, cross-cultural theories to child psychology, psychotherapists to hypnosis, etc...), as well as visits to local psychological institutions, and the opportunity to do meaningful volunteer work.

We are the official representative body of the UCT psychology students, but we also work to foster a general interest in psychology. We will work with the Psychology Department to ensure that students' needs are met, which is why it is important for psychology students to join and offer their support, or even better, to join and participate actively.

The Society is just getting started, and so we are very open to ideas and inspiration. New enthusiasm and visions are very welcome to help make this an exciting and rewarding society.

If you want to participate in our activities, or better still, if you want to help shape them, find us on the plaza and join up. We're waiting to hear from you.

# Earthlife Africa

Earthlife Africa is a nation-wide non-government organisation (NGO) with an extremely broad-based membership. The UCT branch is one of the strongest, most youthful groups.

Our flagship project is the UCT Goes Green recycling project which was successfully launched in 1993 and which will be expanded this year.

Other initiatives include voluntary weekend trips to Abalimi Bezelhaya which is a gardening extension project based in Khayalitsha and Nyanga. Our help last year was vastly appreciated and we hope to continue this in 1996.

Enthusiasm and ecological awareness, as well as genuine commitment to green issues are always welcomed in our members. Join our weekly meetings at the Baxter Bar and learn what we're doing (and what we're not doing) to save the environment.

**Remember: Think Global, Act Local.**

# Geological Society

Have you been caving, or down a mine? Perhaps you've always wanted to sleep in the open in a tent; in the deserts of South Africa or on its beaches. We in the society have, and would like to share these and other experiences with you.

Geology takes you all over... whether you like the environment or chemistry, or physics or social (very social) aspects of your surroundings. We organise talks and

trips to important geological areas of the country. There is also an active social and sporting calendar in which you can participate.

The society caters for anybody with an interest in the environment and Earth Science. You do not have to be a geology student to join and participate in all the things we do during the year.

We look forward to your participation this year!

# SAUJS

The South African Union of Jewish Students (SAUJS) is one of the most dynamic, thriving organisations on campus. SAUJS organises a vast array of events throughout the year enabling Jewish students to get together socially, providing for their religious needs, and also providing a channel for organically Jewish political expression.

**ONEG SHABBAT:** Every few weeks, SAUJS traditionally puts on a communal Shabbat dinner (Oneg Shabbat) which attracts a large crowd of students. We are also in the process of creating a more regular programme for res and digs students.

**JEWISH CULTURE AND EDUCATION:** SAUJS celebrates and organises popular student services on Ros Hashsana and Yom Kippur. During the year we also organise stimulating and educating lectures (on a variety of topics). Our Campus Rabbi, Ronen Lubitch, has an office in the Kaplan Centre, and his door is always open -- for personal consultations/meetings, as well as for shiurim.

**SOCIAL RAVES:** SAUJS parties are famous -- see you at the Blue and White Party (Orientation Week), Formal (August), Post Yom Kippur Hop (Yom Kippur, of course!)





**LOCAL AND NATIONAL SEMINARS:** Local seminars are traditionally an idyllic weekend away with a distinctly Jewish flavour, and National Seminar is legendary - come and rave with 300 Jewish students from all over the country!

**ISRAEL TOURS:** SAUJS organises low cost tours to Israel at the end of the year. These normally include tours for those who've never been to Israel, as well as Leadership Training Tours in Israel.

**WELFARE WORK:** Is a priority in our organisation - both within the Jewish community as well as in the broader South African community.

**POLITICS:** This is a very exciting area of SAUJS work. We are open to the wide spectrum of our members' views and we therefore endeavour to forge links with a wide variety of political organisations.

**COMBATING ANTI-SEMITISM:** Unfortunately this function is necessary on UCT campus. We are equally committed to opposing all forms of racism which might be expressed on campus.

Our office is on Blue Level at the back of the Students' Union Building. Come and join us anytime. The office is open most mornings between 9am and 1pm. The phone and fax number is 686-4312

Contact us at our stall during Orientation Week.

# Molsoc

Molsoc (Molecular Biology Society) is open to all students and staff in the Life Sciences with an interest in genetics and biotechnology.

Our major aim is the education of our members about the changing world of molecular biology and the scope available to those interested in pursuing a career in this field. Honours information talks by

the various Life Science departments help give an idea of the incredible opportunities available to students. We also encourage debate about research practices in the modern laboratory (e.g. animal experimentation and vivisection.)

Apart from the academic, we also have numerous social and sporting events during the year to promote an open and friendly attitude between students and staff. We aim to form a cohesive community in which students can easily approach lecturers for advice about studies.

Join us and gain insight into what the future holds (after all, microbiologists do it with magnitude).

## UCT Radio

When one thinks of campus radio, the word "DJ" springs to mind. We have to admit that Goodhope FM's James Lennox, Mark Gilman, Bongani Njoli and Randi A are all ex-UCT Radio DJs. UCT Radio is the primary training ground for DJs in South Africa. But, there is much, much more to campus radio than DJs. Randal is now the programming manager for Good Hope, and MNet programming head is an ex-Voice of Wits Station Director, Lance Rothschild. We've even produced one Hollywood actress (Suanne Braune)! These are just a few examples of how campus radio prepares one for management positions in broadcasting and in general.

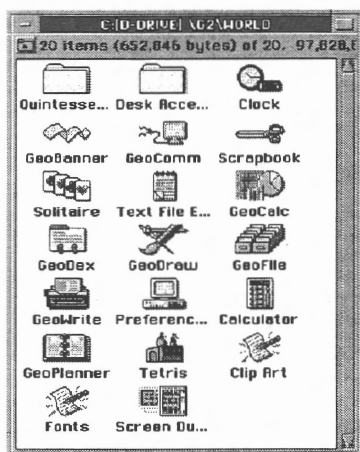
With the deregulation of the airwaves, large numbers of private radio and television stations will be springing up all over the place. There is no degree in radio station management at UCT or any other South African educational institution. The place to get the necessary practical experience is at UCT Radio and it's free! We are a community radio station catering for the UCT community. We offer music, news, views, interviews, education and much more to the UCT member.

There are two main groups of beneficiaries to UCT radio: the listener



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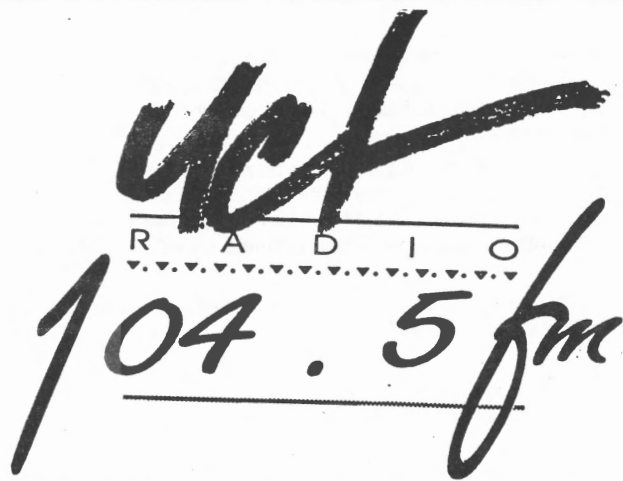
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and the participant. The participants are the members of UCT radio. Here you are able to choose a field which interests you and gain practical experience that will ultimately make you more marketable when you graduate. What's more, it's also loads of fun and you get to make lots of new friends from all around the country. You can participate in any of the following teams – financial, marketing, advertising, technical, personnel, news, education, programming, computer, concerts, media liaison, creative and many others. UCT Radio is a dynamic organisation within which you can grow to realise your full potential and find out what you really want out of life.

UCT Radio is non-sexist, non-racist and non-homophobic and support structures are in place for members who experience any problems in this regard. UCT Radio is the most happening thing on campus this year and we want you to be a part of it.

We will be both visible and audible on the plaza during orientation week. You can also contact us on 650 3550.

## Rotex

Rotex is a club for returned exchange students, officially affiliated to Rotary International. This, however, does not preclude AFS, or any other exchange students, from joining. We exist as a social club for people who can share an experience which few other people can fully understand. Our relaxed, informal activities – wine routes, suppers, cheese 'n wines and so on – offer the chance to share those never-to-

be-repeated times with others who know where you're coming from,



# ROTEX



District 9350

or if this is a little too melodramatic, then just to enjoy the parties.

Rotex also allows Rebounds to put something back into the programme, by getting involved in the selection and briefing of Outbounds, and helping out with the Inbounds. Unfortunately though, space is limited in this area, so only those who are really committed can be accommodated.

Lastly, it must be stressed that Rotex is not a "When-We" group, but a source of understanding, support, friendship and good times among people just like you.

## New Apostolic Society

The New Apostolic Society provides a forum for New Apostolic students to meet each other on an informal, social basis. We have weekly meetings and run various projects, e.g. singing at old age homes, fellowship evenings and other functions.

Please call Garath Witten on 448-4239 (at Med. Res.) or 736450 (at home), for more information.

## Hellenic Students' Association

"societies come and societies go"

The Hellenic Students Association (HSA) is one of the longest standing associations at UCT.

Why?

The feat is due solely to the fact that the Greek youth have ensured this by their unflagging support. Without the Hellenic students there would be no Hellenic Students' Association.

In order to maintain this standard, however, we need new members and enthusiasm from our present members and from the HSA committee. I'll ensure the latter if you present the former. Is that a deal?

So, you want to know the odds before you enter the game. The odds are definitely in your favour, you win evenings of scrumptious food, ouzo and merriment, booze cruises, wine routes, theatre evenings, a spectacular Annual Ball at the end of the year, sundowners at Clifton (during summer), just to name a few and all you have to do is arrive at the venue!

I don't need to say any more except, "We are guaranteed to Rock your Foundations."

## Jazz Society

The UCT Jazz Society was founded in 1982 with the purpose of inculcating and promoting an appreciation of jazz music on campus. It caters for all jazz tastes including mainstream, contemporary jazz, African jazz, avant-garde and fusion. Over the past few years the Jazz Society has grown in leaps and bounds. This growth is predominantly attributable to widespread realisation of the increasing popularity of jazz music in South Africa,

evidenced by the proliferation of jazz appreciation societies across the country.

1995 was marked by an exciting jazz programme. Live gigs, talks in the art of jazz and jazz sessions were part of the year. The society is open to all UCT students and if you are keen to join, feel free to talk to us during Orientation Week. Our stall will be on the Plaza.

## SASCO

SASCO, The South African Students' Congress, was born in 1991 out of the merger between NUSAS, the National Union of South African Students, and SANSKO, the South African National Students' Congress. SANSKO and NUSAS were at the forefront of the student struggles, fighting for a non-racial, non-sexist and democratic South Africa and the education systems in particular. SASCO therefore traces its history back to

the 80's and is continuing the history of struggle of NUSAS and SANSKO.

SASCO is a national student political organisation. It is a mass based, non-sexist, non-racial and democratic organisation. SASCO has an important role to play in post-apartheid South Africa. SASCO has been struggling for many years for the doors of learning to be opened to all. Therefore SASCO cannot abandon its responsibility to eradicate the legacy of Apartheid. That is why SASCO is committed to the radical transformation of our society and the education system in particular.



SOUTH AFRICAN

STUDENTS CONGRESS

At the core of transformatory struggle is

- the redressing of inequalities in all their manifestations;
- access of the majority to the university;



- and democratisation of structures of power and control.

It is important to emphasise that unless the three core objectives are realised, there can be no transformation. Lastly, SASCO is an independent organisation committed to defending the interests of the students. SASCO is not the students' wing of the ANC, but it shares the political and ideological outlook of the ANC. SASCO sees itself as the critical ally of the ANC.

## Socratic Society

Have you ever wondered about things like:  
Existentialism?  
Artificial intelligence?  
The implications of quantum physics?  
Literary theory?

If you have, then the Socratic Society is for you. We aim to provide what most University courses don't -- intellectual stimulation and a field for in-depth discussion. We organise lecturers from a wide variety of departments to present papers on topics of interest, and encourage Socratic Society members and other interested students to write and present papers themselves. We also host debates, so you get practice in public speaking too.

We meet every two weeks, at 8pm on Monday evenings in the Philosophy Department (top floor, Robert Leslie Social Science Building). If you're interested, please come along.

For more information, check the Socratic Society notice-board in the Students' Union regularly or phone Alex Stevenson at Smuts Hall at 689 5015 or Anthony at 64 1858.

## Students for Life

Students for Life (SFL) is an organisation which aims to speak up for those who cannot -- the unborn. In many countries there is no protection for the lives of these children and many millions are killed before birth. We need to ensure that South Africa's children have the *right to live*. Students have historically spoken out first on social issues and at this time we need to be the *Voice of the Voiceless*.

SFL is involved in educating the public, especially students, about what abortion involves and also about alternatives for those who are faced with unwanted pregnancies. We give talks, slide presentations and show videos on human development from conception, the facts about abortion and related issues. SFL is also working with other organisations towards providing practical help for single mothers and children in need.

Students for Life organises demonstrations and petitions to make the wider community aware of the critical issue of the *Right for Life*. SFL publishes a magazine entitled *Voice of the Voiceless*, prints pamphlets, sells books and has a library of pro-life resources from around the world.

You can contact us at our table during Orientation Week or write to us at PO Box 34059, Rhodes Gift, 7707.

## Socialist Students Action Committee

The Socialist Students Action Committee (SSAC) is a UCT society committed to Socialism. SSAC draws its inspiration from the struggles of the working class internationally and the black working class locally.

In this light we welcome the collapse of the Stalinist regimes in the former Soviet Union and Eastern Europe because their demise re-creates opportunities for building the revolutionary Marxist tradition. These societies were (and are) not workers' states: they are best understood as bureaucratic state capitalist societies, characterised by exploitation and crisis.

The revolutionary Marxist tradition that SSAC defends and stands for commits the leading role in the revolutionary transformation of capitalist society to independent working class activity. It is a tradition that stands for socialism from below -- the self-emancipation of the working class, and stands in opposition to the parliamentary road to socialism. We stand for revolution, not reform, but fight for reforms insofar as they increase the confidence and cohesiveness of the working class. We stand opposed to all forms of oppression and discrimination, especially racism, sexism and homophobia. We are internationalists because capitalism as a world system can only be transformed on an international scale. We also believe that this transformation cannot happen without organising the most active and conscious sections of the working class into a revolutionary party.

As a socialist organisation situated on campus, however, we recognise the particular role students can play in the generation and propagation of radical, concrete and scientific ideas about our society.

Join SSAC now!



## UCT Wine and Cultural Society

Welcome to one of the biggest, busiest and best societies at UCT!

The Society prides itself on offering members a year packed with wine events. The calendar is almost full! Included in these events are:

- Our booth will be operating on the plaza throughout **Freshers' Week** and we hope to meet many new people and re-establish friendships with the older members. During this week there will be a tour to Constantia and a Cheese and Wine. Secure your place early in the week as demand will be high.
- Many tours to wine farms over the Western Cape (and beyond) are planned over the year. These days are fun filled and afford members the opportunity to meet their favourite winemakers and to learn how the winemaking process operates.
- We meet once a week to **taste numerous wines**. By the end of the year all major cultivars found in South Africa as well as the blends and some foreign wines will have been covered.
- **Intervarsity** - the challenge of the year is during the 3rd term. This blind tasting will test your ability to identify a number of cultivars. Preparations start early as competition with the Stellenbosch Society is intense. The evening is a highlight.



We hope to see you on the plaza where you can hear about long standing Wine Soc institutions -- blending competitions, certain personalities, various awards...

If you are interested in learning about wine, this is the society for you!

The amount you learn, the friends you make and the fun you have with any society you join at UCT is entirely dependant on the effort you are prepared to put into that society. We are committed to offering many exciting events. Here's to a happy, fun filled wine year.

Cheers!

# Varsity Newspaper

Varsity Newspaper hasn't created any CNN journalists so far. But, for those who've considered journalism as a career option -- but weren't prepared to sacrifice going to UCT just to get a Rhodes B.Journ -- Varsity's what you've been looking for.

Read all about it. The Orientation Week edition of *Varsity*, as well as all other editions, is brought about entirely by students. From writing the stories to doing the

desk top publishing to actually sticking down a page, Varsity is 100% student product.

So you've never used a computer? You don't even know how to switch one on? *Varsity* is not only for the computer literate: our extensive training programmes cover everything you need to know -- and more.

*Varsity* types are incredibly skilled people: whether it's photographing or editing stories, the skills are at your fingertips.

*Varsity* is like your average rugby team but isn't. Although *Varsity* is responsible for some of the most unique camaraderie and closest friendships on campus, it's also not just a group of rowdy beer swilling white males. We may be rowdy, and some of us may drink beer, but *Varsity* is also committed to non-sexism and non-racism. We're also non-homophobic, and if democracy is your jorl, we've got that too.

Democracy means that we have a bottom-up approach; we aren't going to tell you what to do. If you join *Varsity*, you have as much right to make a decision as one of the editors does. The only thing you don't have the right to do is to say no to *Varsity*.

So, whether you want to write movies reviews, take action sports pictures, layout a feature page or just get down to the nitty gritty of campus with a hard news story... even if you're just keen and don't know what you want to do... **choose Varsity.**

# UCT Toastmasters

UCT Toastmasters is a public speaking society aligned with Toastmasters International and is unique in South Africa. We incorporate all the strengths and tradition of Toastmasters clubs around the world, while maintaining the culture of student life for which UCT is famous.

Toastmasters is not only a social club for people wishing to air their views in front of a caged audi-

ence, we also aim to teach how to speak in a series of structured speeches:

You can take as long as you like to complete the program. You could do it in a year or even twenty; it's up to you, and no pressure will be exerted on you whatsoever.

Besides the prepared speech section of the program for each meeting we also have an impromptu session. Here a sadist chosen from the club will attempt to put anyone who looks slightly sleepy 'on the spot'.

With no preparation you are expected to discourse on a topic chosen by the impromptu host.

None of us is a professional speaker, so we welcome anyone to come and see what we get up to.

There are also many speech competitions in which you can get involved. UCT has done well in the wider Toastmasters competitions, especially in the English Prepared and Humorous Speech categories in the past few years. So, if you are competitively minded, we have space for you.

This isn't the type of club you join and forget about. If you apply yourself, you can go far. Toastmasters is a plus, not only for the paper qualification but also in the edge it gives you over others in the world's competitive job market where appearance and confidence are everything.

Our rules are few (we do insist on shoes, although we can overlook this if you smile nicely), and we try to create as friendly and relaxed an environment as we can.

Join us one evening and pretty soon you won't even know yourself.

Since we always try to close things off with a quote, here goes: in the immortal words of Saddam Hussein, "Oy!"

# Women's Movement

The emphasis of our organisation is the empowerment of women through experience (skills, organisational), education (theoretical and practical) and the taining of women to take on leadership positions so that they can serve as role models for other women. There are many aspects of the organisation which you can get involved in, including community and political liaisons and media work, as well as internal and external education, which involves debates and discussions. We do not believe that women constitute one homogenous group and thus acknowledge the diversity of female experience. It is only through the active involvement of women from different life experiences that we can shape our organisation to suit the needs of all progressive women.

We have numerous activities planned for this year -- workshops, debates and discussions. The types of issues we will be focusing on are: women in politics, the transformation of UCT in terms of its governance, curricula, institutional culture, admissions policies and funding, violence against women, media training, discussions on more theoretical aspects of womanism, feminism.

We will be on the plaza every day in Orientation Week. Watch posters for details.



# ATTENTION MUSO'S!!

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the Usual

RUBBER SOUL

BLACK DIAMOND



Woodshed

The Rupert Mellor Band

The Groove Kings

**For More information, call Street Level**

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**FAX: (021) 23-8332**





# all the student societies on campus....

What you have just read is a set of blurbs about some of the (more organised) clubs on campus. There are lots of others and the list on this page is a complete list of them and what you'll have to pay to join them.)

ANC Forum	R 12.00	DJ Society	R 25.00	Photo & Film Association	R 40.00
Action For Animals	R 15.00	Earth Life Africa	R 20.00	Portuguese Students Association	R 18.00
Active Students Social Workers	R 13.00	<b>Film Society</b>	<b>R 30.00</b>	Psychology Society	R 15.00
Adventist Christian Students	R 30.00	French Society	R 5.50	Republic Of China	R 25.00
African Student Christian	R 15.00	Flying Club	R110.00	Rotex-Uct	R 15.00
Amnesty International	R 20.00	Gay & Lesbian Association	R 15.00	Reggae Society	R 25.00
AIESEC	R 27.50	Genesis	R 15.00	SASCO	R 20.00
Anglican Society	R 20.00	Geology Society	R 15.00	Social Anthropology	R 15.00
Archaeology Field Club	R 7.50	Hellenic Students Association	R 30.00	Socratic Society	R 10.00
African Students Society	R 15.00	Hindu Students Association	R 30.00	Students Christian Association	R 14.00
<b>Ballroom Dancing</b>	<b>R 65.00</b>	His People	R 20.00	Students For Life	R 15.00
Bhakti Yoga Society	R 25.00	Hlanganani Student Society	R 20.00	Students Socialist Action	R 15.00
Black Law Students Forum	R 15.00	Investors Club	R 15.00	Students For A Workers Party	R 10.00
Bridge Club	R 10.00	Islamic Society	R 22.00	SAUJS	R 35.00
<b>Botany Club</b>	<b>R 20.00</b>	Igquba Theatre Project	R 15.00	Student Democratic Association	R 22.00
Campus Christian Action	R 20.00	Jazz Society	R 15.00	Swazi Society	R 50.00
Campus Crusade For Christ	R 25.00	Kolbe Catholic Society	R 25.00	Students Int Meditation Society	R 10.00
<b>CLAWS</b>	<b>R 15.00</b>	La Sociedad Hispanica	R 20.00	<b>Tolkien Society</b>	<b>R 20.00</b>
Chess Club	R 20.00	Lesotho Students Association	R 11.00	<b>Toastmasters Club</b>	<b>R 40.00</b>
Christian Medical Fellowship	R 10.00	Mauritian Students	R 25.00	UCT Choir	R 40.00
Creative Arts Workshop	R 15.00	Medical Students Society	R 25.00	UCT Dance Academy	R 50.00
Communist Society	R 15.00	Minority Music	R 20.00	Vaal Students Association	R 20.00
Choir For Africa	R 25.00	Namibian Students Organisation	R 50.00	Wine Cultural Society	R 40.00
Church Of Christ	R 5.00	Neurolinguistic Programming	R 50.00	YMCA	R 20.00
Drama Students	R 5.50	Pan Africanist Student Org.	R 20.00	<b>Zimbabwe Society</b>	<b>R 30.00</b>
<i>Geographical Soc</i>	<i>R 20.00</i>				

Total: R240.!!!

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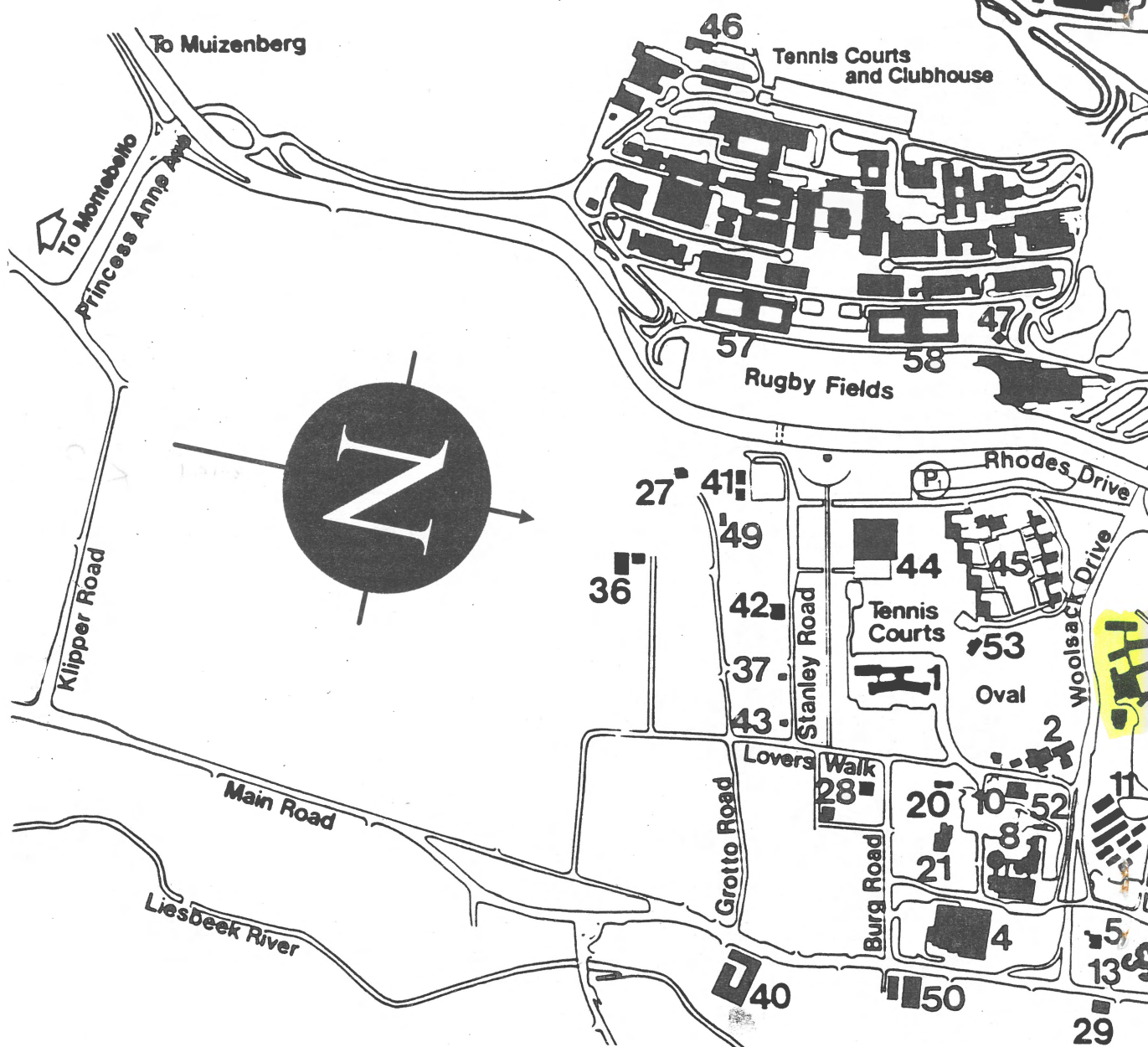
### Travel Insurance

- Specialist travel insurance for the student traveller

# UCT Maps:

## Upper Campus →

## The Local Region ↓



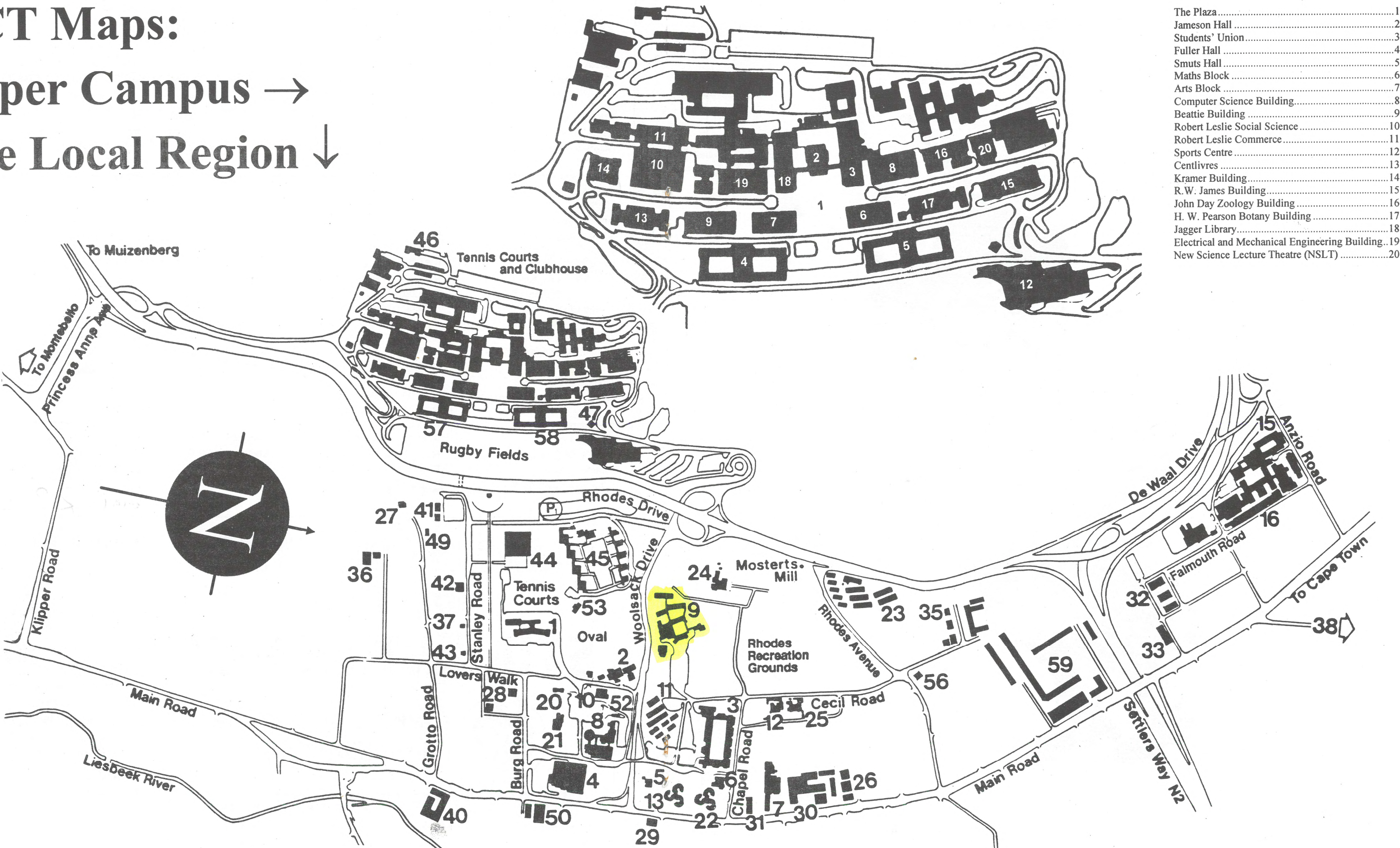
Administration: Bremner Building.....	1
Ballet School .....	2
Baxter Hall.....	3
Baxter Theatre .....	4
Burghen .....	35
Campus Control.....	5
Child Guidance: Isaac Albow Building.....	6
College House .....	7
College of Music .....	8
Consolata House.....	36
Coronet Building, St Michaels Rd, Observatory ..	38

Cricket Pavilion.....	53
Cydonia.....	28
Educare Centre .....	46
Education Building .....	44
ERI Research Lab. Diep River .....	55
Falmoth Road Cottages .....	32
Forest Hill Blocks A - G.....	59
Fuller Hall .....	57
Glenres .....	30
Groote Schuur Residence and Mansions.....	40
34 Grotto Road.....	49

Inglewood .....	35
Irma Stern Museum.....	12
J.P. Duminy Court.....	32
Kilindini.....	31
Kopano.....	9
La Grotta .....	27
Leo Marquard Hall.....	13
Liesbeek Gardens, Durban Road.....	51
Linkoping.....	28
Liskeard Street Cottages .....	32
1 and 3 Matopo Road.....	35



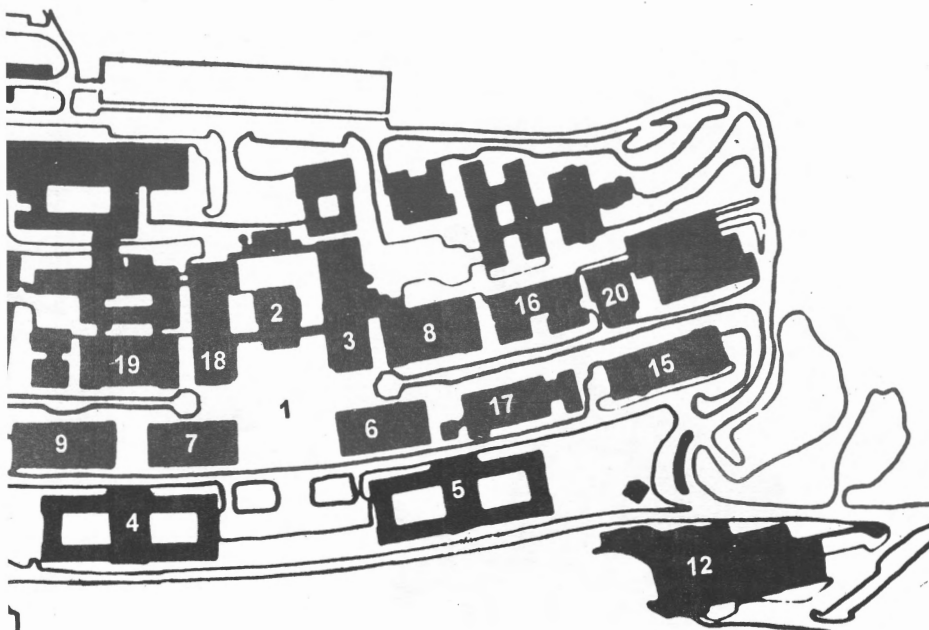
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Upper Campus →  
The Local Region ↓



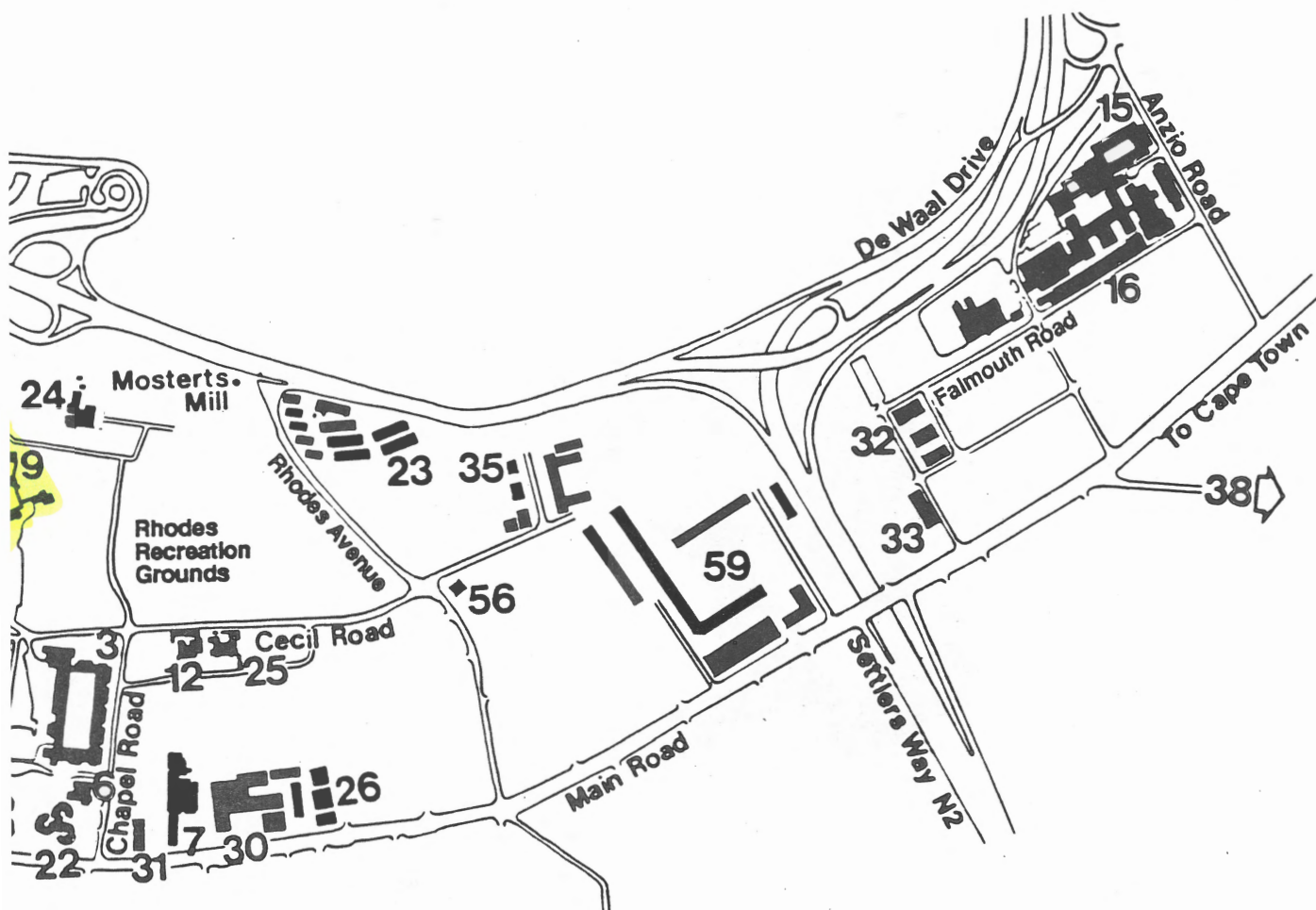
The Plaza	1
Jameson Hall	2
Students' Union	3
Fuller Hall	4
Smuts Hall	5
Maths Block	6
Arts Block	7
Computer Science Building	8
Beattie Building	9
Robert Leslie Social Science	10
Robert Leslie Commerce	11
Sports Centre	12
Centlivres	13
Kramer Building	14
R.W. James Building	15
John Day Zoology Building	16
H. W. Pearson Botany Building	17
Jagger Library	18
Electrical and Mechanical Engineering Building	19
New Science Lecture Theatre (NSLT)	20

Administration: Bremner Building	1	Cricket Pavilion	53	Inglewood	35	Medical Residence	15	Smuts Hall	58	Urban Problems Research Unit	52
Ballet School	2	Cydonia	28	Irma Stern Museum	12	Medical School	16	3 Stanley Road	43	Vacation Accommodation	11
Baxter Hall	3	Educare Centre	46	J.P. Duminy Court	32	Mill Court	59	9 Stanley Road	37	Varietas	59
Baxter Theatre	4	Education Building	44	Kilindini	31	Old Admin. Building	10	13 Stanley Road	42	Vice-Chancellor's Residence: Glenara	21
Burghen	35	ERI Research Lab. Diep River	55	Kopano	9	Old Doctors' Bungalow	17	Student Health Service	11	Visitor Reception and Information	47
Campus Control	5	Falmouth Road Cottages	32	La Grotta	27	Old Groote Schuur Hospital	18	Student Housing	11	Welgelegen: Development and Public Affairs	24
Child Guidance: Isaac Albrow Building	6	Forest Hill Blocks A - G	59	Leo Marquard Hall	13	PROTEM	11	T.B. Davie Court	50	31 and 33 William Street	33
College House	7	Fuller Hall	57	Liesbeek Gardens, Durban Road	51	Red Cross Children's Hospital	54	The Cottage	20	Wolmunster	25
College of Music	8	Glenres	30	Linkoping	28	18 Rhodes Ave	56	The Woolsack	45	11 and 15 Woodbine Road	41
Consolata House	36	Groote Schuur Residence and Mansions	40	Liskeard Street Cottages	32	Rondeberg	50	Tugwell Hall	22		
Coronet Building, St Michaels Rd, Observatory	38	34 Grotto Road	49	1 and 3 Matopo Road	35	Rosebank Hall	29	University House	23		





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**UCT CRIME PREVENTION  
WELCOMES YOU TO CAMPUS**



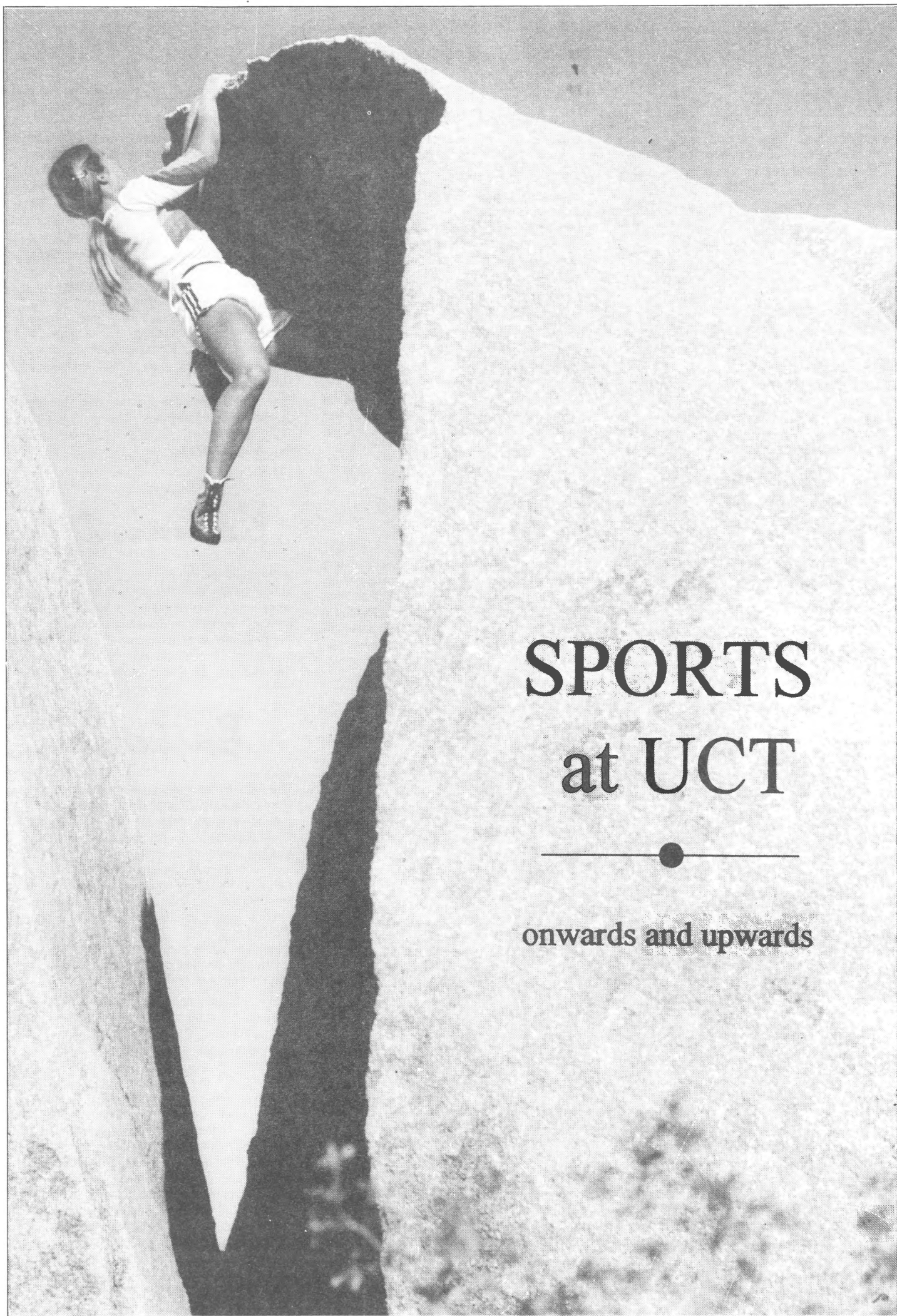
**BEE ALERT \* BEE BUSY \* BEE ON THE MOVE**

**TOGETHER WE CAN DO IT!**

**REPORT ALL SUSPICIOUS PERSONS, VEHICLES AND SOUNDS TO  
CAMPUS CONTROL**

**650 2222/3 OR 650 2121**





# SPORTS at UCT



onwards and upwards



# Aikido

Aikido means "Way of Harmony". It is a martial art that was originated by Mr Mooren Ueshiba in Japan during the early part of this century. The art is derived from the aiki-jujitsu (grappling arts) and kenjutsu (sword arts) at which Mr Ueshiba practised and became proficient. As befits a martial art, training is geared towards effective defence against serious attacks, and there is a great emphasis on mutual respect and etiquette. In Aikido, students work in pairs and there can be NO competition (at least not among beginners), lack of respect or anger, in order to avoid injuries.

The aikidoka (Aikido practitioner) uses (but does not rely on) the opponent's or partner's energy to unbalance and subsequently throw or subject the attacker to a locking manoeuvre. Keeping this basic Aikido principle in mind, techniques can be subdivided into classes: those utilising only a blending of tori's (defender) and uke's (attacker) energy to unbalance and throw uke with no locks or stimulation (real pain) applied; those incorporating wrist and arm locks as well, in order to guide uke in a certain direction; and those literally uprooting uke by attacking the entire body directly, often lifting uke right off the ground before finishing with a throw.

Techniques are taught against unarmed and armed attackers. Aikido weapons taught include the bokken (wooden practice sword) and jo (staff). Movements look simple and elegant when executed well, but if done incorrectly, will simply just not work. Regardless of an attacker's size, an aikidoka, man or woman, can effectively use the incoming energy to subdue the attacker or to negate the attack.

Contact Gernot Hassenpflug at 686 4340 for more information on joining the club.

# Angling

The Angling Club is a small and flexible club, and is involved in all branches of angling. We have recently stocked the UCT dam with 700g trout, and only members may (fly) fish for the trout. The club has also recently purchased a flyfishing outfit and a light saltwater outfit, which can be used by its members. This will provide beginners with a chance to learn, and also allow those who do not have their equipment in Cape Town to fish here.

Highlights of our 1995 year were trips to Stilbaai (rock and surf), Voelvlei (smallmouth bassfishing), Vleesbaai (rock and surf), and to De mond Nature Reserve (estuary). We also entered a team in the Garden Route Bass Classic held at Groenvlei.

In 1996 we hope to repeat all of these trips, but we have many other places in mind as well. The club puts anglers into contact with each other and thus facilitates a lot of "unofficial" angling activities too. If angling

is your hobby, or if you want to learn, the Angling Club has a lot to offer you.

# Aquatics

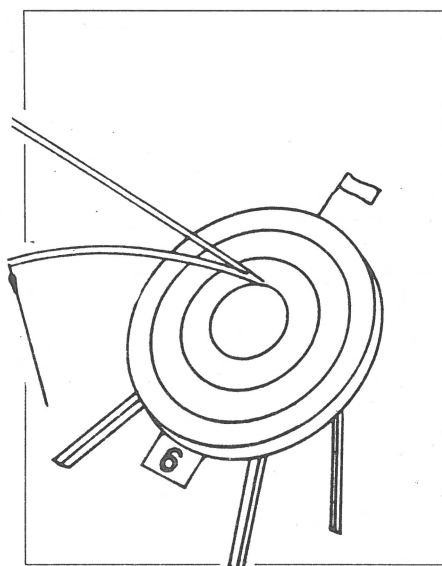
The Aquatics Club runs a 'Learn to Swim' programme for those who want to swim but don't know how. This will begin in the first week of varsity, so come and see us on the plaza and join up early if you are here.

The main competition is the Tertiary Aquatic Games (TAG) at the end of the year where you will have a chance of competing against students from all tertiary institutions in South Africa.

If you are interested in competing for UCT in swimming, synchronised swimming or diving, please come to the Aquatics stand on the plaza during Orientation Week and find out more. For more information about our activities, contact Marc Nortje at 685 4769.

# Archery

The Archery Club caters for both those who wish to take their shooting seriously, and those who don't. Members can come as often as they like. Attendance of at least one practise a week is advisable. Practices take place on Monday and Wednesday afternoons from 3.30pm. They will be supervised by a member of the archery committee



tee who will be responsible for the equipment and keeping an eye on all the archers. We will occasionally get a qualified coach to take the session. Practices take place in the Sports Centre (hall 1). Outdoor shooting at the archery club in Retreat can be arranged, provided there is sufficient interest by the members.

So if you are two minded as to which sports club you are going to join, come up to the plaza during registration week and try it out. We will have a table on the Jameson steps. You will be shown the basics and given a chance to shoot. For more information, contact Warren Margolin at 685 1514.

# Athletics

The Athletics club is definitely the club to join either if you run merely to stay healthy or if you have discovered what a rewarding and integral part of your life it can be. Every weekday at 17h15 members of the Athletics club meet to go for a run.

Our training sessions vary in difficulty, and are supervised by our tow coaches, Chris Sole and James Evans. We have a very enthusiastic committee who will advise you with any running problems. One can participate in all three disciplines -- track, cross country and road running. It is therefore possible to fit in doing whichever you enjoy most, whether it's running 100 metres or 100km.

For more information on the club, please contact Gareth Lawrence (Chairman) at 689 4924, Niel Saxby at 689 4721, or Paul Evans at 689 4721.

# Badminton

Badminton will be played at a social level during 1996. The club is open to everyone, irrespective of competency or ability. Practices will be held on Tuesday evenings, but the nets are available at all times for club members. For further information, contact Pat Williams at Sport Administration (650 3557).

# Basketball

The UCT Firsts team victory over Saints in Men's Western Province 1st league marks the latest giant step in UCT Basketball. Basketball at UCT has escalated over the last few years, along with growing interest in the sport all over South Africa. UCT now has 5 men's teams and 2 women's teams in the Western Province league, as well as an internal league to cater for those who play the game socially. The Sports Centre has three full sized courts to support these teams and provide a place where individual players can tone their skills.

The UCT basketball club is very deep in talent and the teams are always successful in the Western Province league. Many of the players are also exceptionally talented and three of our players represented South Africa in the All Student Games in Japan this year, and two of our players play for the Cape Town Cougars in the professional league. In the middle of the year, the UCT Basketball club holds a basketball extravaganza. This features 3-on-3 competitions in various age groups, 3 point and half court long distance shoot outs, slam dunk competitions (all with great prizes to be won), as well as various coaching clinics to hone the skills of players in the Cape Town area. UCT players coach and aid school teams all over Cape Town, and have been instrumental in the opening of a basketball club in St

George's school last year. At UCT we are committed to the growth of basketball in South Africa and intend to continue to institute new measures to promote the sport in the Western Province.

## Cricket

UCT ranks as one of the top clubs in Western Province. A quick glance at the current WP A and B teams will show at least five current or ex UCT students. Our main oval is the Groote Schuur Oval (just below Wool-sack Residence) and we have a second pitch at the soccer field on Rhodes Recreation ground.

We have entered four teams, including one Colts XI. The Colts team consists exclusively of first year students and is an excellent means of entering the club. The Colts play between four and five games in the first term against school first teams and invitation teams.

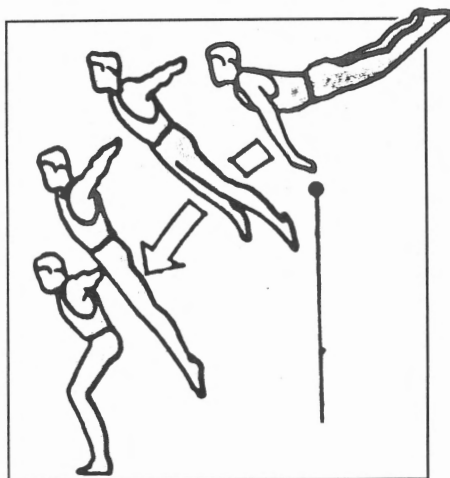
Under the guidance of West Indian coach, Emmerson Trotman, each player is expected to make a full commitment to achieving optimum results, and nothing less than 110% effort is required at practices and on match days.

So come on all you cricket enthusiasts, even if you're new to the game join UCT Cricket Club. For further details feel free to contact: Emmerson Trotman at 650 3555.

## Cycling

The focus of the year for the club is the annual SASCA (South African Student Cycling Association) championship, which is being hosted by University of Pretoria this year.

This does not mean, however, that we ignore the social cyclists. Over the past years, participation in club events by social cyclists, especially mountain bikers has steadily increased. This year we are determined to maintain this increase in "social"



participation, while maintaining our high standards in competitive cycling. The club offers a range of support to all members. Transport is organised to and from road and mountain bike races. A seconding vehicle

can be provided for road events on request. Our club coach is available to all members for advice on training and fitness, and regular seminars are held throughout the year. These seminars cover common cycling topics.

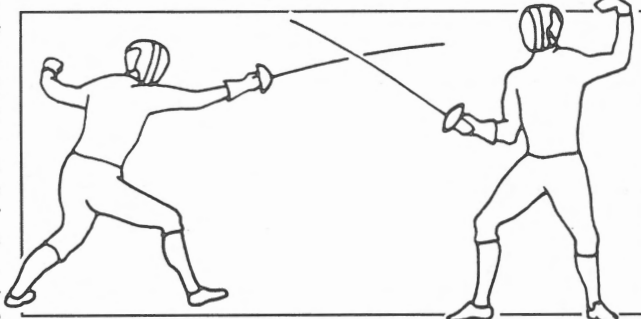
The UCT RAG Fun Ride, organised in conjunction with Rag, occurs annually in September. All funds generated from this event go to SHAWCO. The club also produces a quarterly newsletter, *University Cycle Talk*, which reports back on all club activities. For further information, you can contact the Chairperson, Pete McLeish, at 790 5253, or the Vice Chairperson, Michele Buchanan at 448 1817.

## Fencing

UCT Fencing Club offers tuition for both novice and advanced fencer. Furthermore, we provide all equipment -- masks, jackets, and of course blades. We are affiliated to both national and provincial governing bodies and regular competitions are held at both levels, giving you the chance to match your skills with other fencers throughout the country. But, for the less competitive fencer, there is the opportunity to learn an old and graceful art, one in which relatively few are privileged.

As in any sport, practise is essential. We practise twice a week, Monday and Wednesday evenings, competitions being held on weekends. We would encourage you to attend all practices as it will definitely enhance your enjoyment of the sport.

For further information, phone Gordon Webber at 531 9749 or Mark Burgess at 689 3852. We look forward to seeing you!



## Golf

The Golf Club has Rondebosch, Mowbray and King David Golf Clubs as their home clubs where as member of the UCT Golf Club you receive special student rates. The club attempts to be as active as possible with as many tournaments organised at courses all over the Cape during the year. The three major tournaments that are keenly contested for, the Freshers Strokeplay, the UCT Club Championships and the American Scramble, are the main events on the Golfing calendar. This year we will be introducing a handicapping system for those members who are not members of any local clubs.

The UCT Golf Club also caters for the more serious golfer in that we take part in competitive events during the year. The Trivarsity event against Stellenbosch is contested eagerly each year as the SASSU Intervarsity held around the country in December. In the past years, the Golf Club has also sent representatives to the World Universi-

ties Tournament held at St. Andrews in Scotland.

The Golf Club welcomes all golfers from beginners to aspiring pro's, as fun and companionship is what we are trying to achieve at this club. If you have any queries please contact Duncan Wood (Chairperson) at 6864793.

## Gymnastics

The Gymnastics Club is for everyone, that means YOU! (unless of course you have cancelled your membership to the human race, and that probably means that you already are a member of the UCT Gymnastics Club).

A priority of the club is to have fun while exercising, teach you new things to do with your body and to expose the sport to as

many people as possible. We feel that in 1995 we managed to do this with some degree of success. We do compete in competitions around the country, and in 1995 we

came 4th from a field of 10 at the South African Tertiary Gymnastics Competition in Durban. Not bad at all considering that 5 of the 10 gymnasts that competed were complete novices at the beginning of the year! And the rest are veterans of 1 to 2 years. We also came 2nd in the Trivarsity competition (from 3), but we have fun, oh yes.

So, be brave, pay the gymnastics table a visit during Fresher's Week, or pay a visit to the Sport Administration and they'll lead you to us.

## Hang-Gliding

Last year was a good one for the club. We had a number of new members complete their student licences and graduate to actively fly the club's gliders at local sites. The club funded new equipment, league transport and various gear. In December 1995 the club is sending a team to compete in the SA Nationals at Botshabelo -- the first university team to compete officially in a National hang gliding championships in recent years.

Club members fly almost every weekend, and are active in developing and maintaining local sites. We interact with provincial and national bodies to ensure safety, good public image and airmanship. Hang gliding is a way of life, embracing good flying, good friends, the great outdoors and great exercise. So if you've always wanted to fly like a



bird...see you at Fresher's Week in 1996. Just look out for the rigged hang glider (can't miss it actually).

## Health & Fitness

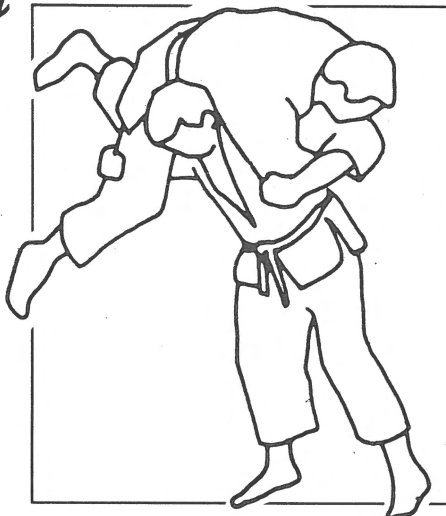
The Health and Fitness Club has aerobics and circuit training sessions at lunch times Monday, Wednesday and Friday from 12h40 to 13h20. Aerobics classes are also held on Tuesdays and Thursdays from 07h00 to 07h45, as well as on Thursdays from 16h00 to 17h00. Aerobics classes are held in Hall III in the Sports Centre, and run by qualified instructors who cater to various levels of fitness.

Biokineticist, Steve Burden, runs the circuit training sessions held in Hall I on Mondays, Wednesdays and Fridays from 12h40 to 13h00. Members of all ages, shapes, sizes and fitness levels are supervised and have their heart rates monitored. Each person is able to exercise at their own pace level, but all are encouraged to improve their condition. For further details contact Steve at 650 3562.

## Ju-Jitsu

Ju-Jitsu is the original Japanese martial art based upon the fighting styles of the Japanese Samurai Warriors. It is an all round highly credible self-defence art. The essential principle of Ju-Jitsu is that of 'Ju-',

meaning gentle or pliant, but that is not to say that Ju-Jitsu is soft or that it does not work on the street. It means that the principle behind Ju-Jitsu is to use an opponent's weight and strength against him, rather than trying to match your strength to your attack-



ers. Ju-Jitsu as an art encompasses all elements of fighting, punching, targeted striking to throwing, grappling and ground work. The main idea is a system that is not flashy or incredible, but a basic system that works practically and for real when you need it in a self-defence situation.

The UCT Ju-Jitsu Club is taught by Professor C.B. Gaven who holds an incredible 9th Dan in Ju-Jitsu (one of only a few in the World!) and 4th Dan in judo. The classes are aimed largely at the beginner, with the

essential thrust being to build up the balance, co-ordination and ability necessary to defend oneself. The club holds regular classes on Monday and Wednesday evenings and has practice sessions on Saturday mornings.

This year, we are also looking to the possibility of taking a team up to Johannesburg to meet and train with some of the clubs there. At the end of the year we are hoping to host the annual South African Ju-Jitsu Association "Dem", an evening of competitions, demonstrations and so forth.

The road to a Ju-Jitsu black belt is not an easy one. It takes courage, determination and will-power, as well as many hours of dedicated practice and effort. But it is a highly worthwhile endeavour that not only gives you the basis of a strong realistic self-defence aura, but builds one up both physically and mentally. Come to our table on the plaza during Orientation Week for more information.

## Judo

The UCT Judo Club is a small yet active code, training in the martial art of Judo. Judo, meaning 'the gentle way' in Japanese, is a full contact sport for men and women that keeps you fit in mind and body. The club caters for beginners to white belts, through to second Dan black belts. The emphasis in our training sessions is on enjoyment and relaxation with enough discipline to attain the required fitness standard to prevent injuries.

# SAVOY PHARMACY

MAIN ROAD, ROSEBANK. TEL: 689-8923/4; FAX: 686-4610

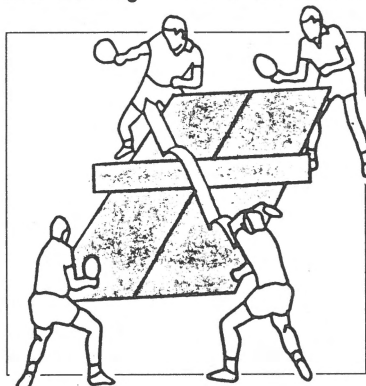
- We give 25% discount on all doctors prescriptions
- **FREE:** Consultation with qualified nursing sister
- Parking behind pharmacy
- Deliveries
- New accounts gladly opened
- **Hours of Business**  
Mon - Sat: 8:00am to 10:00pm  
Sundays and Public Holidays: 9:00am to 10:00pm



BIOPLUS KEEPS YOU AHEAD OF THE PACK

Judo is a recognised form of self-defence, and part of our training session is put aside to learn these particular techniques. Primarily though, Judo is a sport, and individual as well as team contests are entered into on a regular basis. Therefore teaching centres on formal techniques and their competition variations.

Our coach is Umberto Masconi, 5th Dan Kodokan. He is very approachable and is enthusiastic about getting beginners into the sport. To this end, we run beginners classes for the first six months of each year, by which stage beginners will be ready to train with the seniors. We train twice weekly on Tuesdays and Thursdays, in Sports Hall contact Sonia Michael at 448 7153 or Dirk Grobbelaar at 794 2027 for more information. See you on the mat!



come to an end. Beginners are especially catered for and we hope that there is a high proportion of new members to the code this year as in previous years. Shukokai is one of the four major international karate styles and is non-contact in nature.

1995 was an exceptionally good year for the Karate Code. Owing to the high proportion of junior grades last year, it was decided that a separate class would accommodate them to ensure that everybody received the necessary attention and tuition. In addition to this, in the

second semester, the higher grades were encouraged to train more often by attending classes at the Claremont and Gardens Dojos.

Classes are formal and encourage the spirit of discipline. Students are taught the various stances, strikes and kicks, and these are consolidated into Katas. Randori (sparring) is also an important exercise and helps to build confidence. Students grade twice a year where they are awarded belts: white, yellow, orange, green, blue, purple, brown (three levels), and finally, black. Classes commence in the first week of term. Classes take place twice a week and students are encouraged to attend both sessions.

If you have any queries, contact Sports Admin.

## Karate - Zen

The style of karate practised is Okinawan Goju-Ryu. During the 1950s, Okinawan karate was taught in a traditional way as an art of self-defence. The karate masters upheld the old karate values and standards and placed great emphasis on Dojo Kun (etiquette). They took pride in patiently teaching their national art to Okinawans as well as Westerners. Karate was presented in a dignified, strict manner.

The UCT Karate Zen Club continues this tradition. A Goju-Ryu session will consist of warm-ups, stretching, kikon (basics i.e. punching, blocking and kicking), kata (forms), kumite (points fighting), randori (sparring) and kobudo (weapons).

There is a saying that goes 'Bun Bu Ryu Do'. Bun means academic study. Bu means the martial arts, Ryu means together, and Do means way or path. Therefore, if you only practice karate and neglect other studies you will fail to find the true or correct way. Or more literally, academic study and karate together will lead to the right way.

1995 was a good year for Karate Zen. Two students, Sifiso Khoza and Maxisole Nkumbesi, won gold medals at our National Championships; Sifiso Khoza on the other hand won bronze at the University Tournament.

Classes are held weekly (Tuesday and Wednesday) by Sensai Kamal Hamdulay (2nd Dan).

For more details come and talk to us during Orientation week or contact Kamal Hamdulay at 696 4091.

## Karate Shokoka

If you don't know which of the numerous martial arts codes to join, your search has

## Men's Hockey

UCT Men's Hockey boasts one of the biggest clubs in the Western Province, with seven sides entered in the local leagues. The 1995 first team fielded numerous National and Provincial representatives. Our sides range from the first team playing in the Grand Challenge League, having won the league three times out of the last six years, to the seventh side who play in the 3C League. We are privileged to have three full time coaches ensuring practice times are well utilised. This includes the services of Graham Bradfield, who is the National U21 coach, who runs the first and second terms.

We are one of the fortunate universities in South Africa to have their very own sand based artificial Turf. The new clubs house will be built by May 1996. The outdoor league gets underway in April, while provisional training dates will be set for sometime during March, on Mondays and Wednesdays from 17h30 onwards. Everyone is more than welcome to attend.

We look forward to meeting you on the Plaza during Fresher's Week, and on the Oval later on.

## Mountain & Ski

*Club of the year 1991, 1993*

The UCT Mountain & Ski Club has been around since the 1930s and ever since it began, the range of activities has been increasing enormously. We now find our-





selves in the midst of the explosion of one of the newest sports in the world -- Sport Climbing.

We have a store room in Sports Centre where there is a large array of hiking and climbing equipment for loan to our members.

So, this is what we do: walking; hiking; kloofing; mountaineering (all quite different actually); indoor wall climbing; sport climbing; trad (real) rock climbing; pine hacking (chainsaws!); path building; snow skiing; and, grass skiing.

If you're wondering where we do what we do, well here are a few places: all around the Cape (Cedarberg, Hex, Boland, Langeberg, Outeniqua, Tsitsikama...) -- Drakensberg, Transkei, Fish River Canyon.

Two of our members have recently been to climb Aconcagua in South America and we sponsored them R1000 each. For our slide shows on Wednesday Evenings at 8pm, we use the North Council Room in the Sports Centre.

See you in the mountains! - Roger Diamond

## Orienteering

It is said that if Cross-country is 'thinking man's' running, then ORIENTEERING is 'thinking man's' cross-country. It is a sport that blends both physical stamina and mental skills, and accommodates all levels of physical fitness.

The orienteer moves through unfamiliar terrain, with the help of a map and compass, choosing his or her own way, to find a num-

ber of control points which are marked very precisely on the map and are indicated in the terrain by a large red and white control marked flag. At each control point a 'pin punch' is attached for each competitor to mark his or her control card and indicate that that cite has been visited. The course lengths can vary from one to thirteen kilometres, with six to thirty control points.

The distance and technical difficulty will depend on age, sex, experience and fitness, with a range of different courses being offered at any event. Within each course, it is the person finding all the controls in the right order in the shortest time who wins.

Orienteering does not require expensive equipment or special gear. A colour map of the area is included in the event fees (which are minimal for club members), and an orienteering compass is only required by the most experienced, competitive orienteers.

## Pistol and Rifle

1995 was a most successful year for the UCT Pistol and Rifle Club. Our membership has TRIPLED in the last year from 69 members to 185 members. We have achieved our goals set out at the beginning of last year and hope to accomplish even more in the near future. All or our objectives have been met to date and with great pride, we can only look forward to the forthcoming year. Just a few highlights of 1995:

- firearm training courses
- regular club shoots
- membership of W.P.P.A

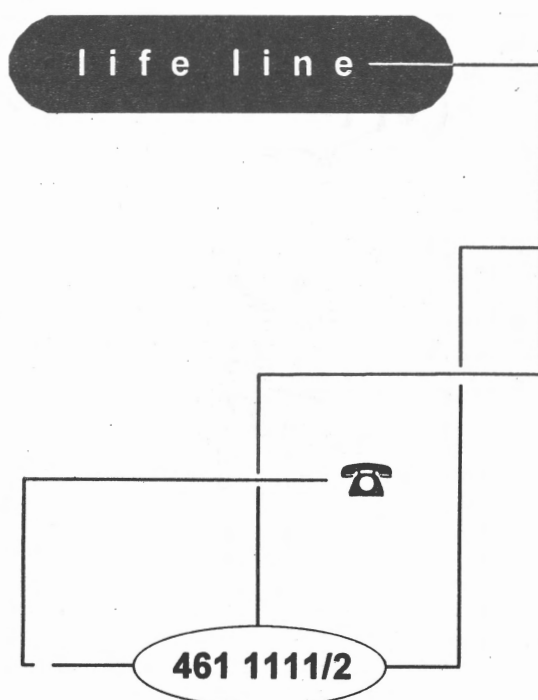
- cheaper ammunition, weapons
- shotgun shooting
- purchasing of club weapons
- proposals for 1996 Membership to SAGU
- weekly club shoots
- reloading of ammunition on Campus
- combat & L.F.I.
- transport and from shooting range
- Intervarsity shoots
- extensive firearms training
- demonstrations with R1,R2,R5 UZZI, pump actions, pistols, revolvers, etc

The 1996 Committee is determined to make this year even more successful, productive, exciting and entertaining than previous years. We are hoping to attract a great diversity of students. **Remember:** you don't need to own a firearm to become a member!!!

Looking forward to a SAFE and prosperous New Year. **Please don't DRINK AND CARRY!!!**

## Rowing

1995 was a successful year for the UCT Rowing Club. The influx of new members and the development of the club as a whole, created an enthusiastic vibe which lasted the duration of the year. Our club acquired a new John Waugh Eight as well as sixteen new Eleaver Blades, which has given the club a competitive edge. In order to discard



For more than 26 years Life Line has served the community - day and night. 285 trained volunteer counsellors attends to more than 40 thousand calls a year.

Life Line provides a **confidential** telephone crisis counselling service **24 hours a day - every day of the year.** There is always someone at the other end of the telephone so you can call from anywhere at any time about any issue- if it's important to you, it's important to us.

Life line also provides **face to face counselling** and unique training courses (internally and on an outreach basis). The Life Line training courses are geared at motivating human potential and development and, therefore, empowering individuals.

**if it matters to you it matters to us.**

**life line cares.**

the view that rowing is an elitist sport, the club has continued its development programme of coaching Grassdale Secondary School.

We hope to maintain, and improve our level of rowing in 1996, in all the forthcoming regattas, through training programmes and several camps held at Misverstand Dam.

Join the Rowing Club and be part of the competition, the challenges, and the partying. For more information, contact Richard Rivett-Carnac (President) at 685 3051.

## Rugby

UCT RFC is one of the Première Clubs within the Western Cape, as well as nationally. The club will once again challenge for the WP Première League Rugby Club title for 1996. UCTRFC is the oldest University Rugby Club in the country. We have produced the second most number of Springboks. 1995 was a highly successful year and we are ready to tackle (pardon the pun) 1996 with a vengeance..

The Club has six open sides, two of which are old boys teams, an u21A team and three U20 teams, and the season runs from April to August. Practices are in the evenings (two or three a week) and matches on Saturdays - so there is no danger of disrupting an academic schedule.

If you have a skill, or even just an interest in the sport, don't hesitate to join us.

## RACISM

### and RACIAL HARASSMENT

UCT has a policy on racism and racial harassment which provides for dealing with problems of racism and racial harassment where they arise **informally** through counselling, mediation or other informal interventions or **formally** through making a complaint to the Vice Chancellor who will institute disciplinary proceedings if there seems to be sufficient evidence of misconduct or a breach of the University's rules.

For  
confidential counselling  
the help of a mediator  
workshops on racism

### CONTACT

Frank, Olivia or Thandi at the Equal Opportunity  
Office  
Third Level, Education Building, Middle Campus  
Tel: 650 2112/3

If you have any queries about the club please phone Deanne Deary on 650-3564.

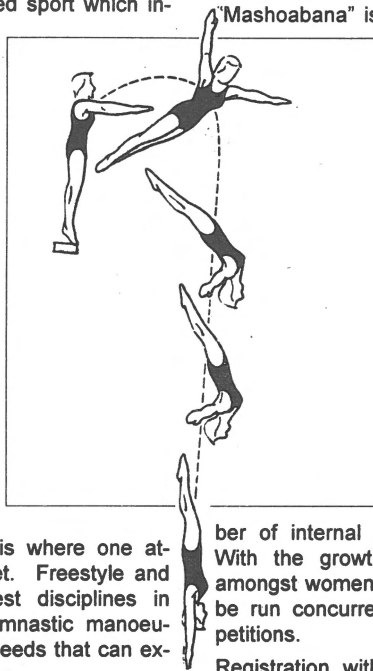
## Skydiving

Skydiving is a multi-faceted sport which includes many different disciplines. These include freefall formation skydiving, canopy formation flying, accuracy, freestyle and skysurfing.

Formation skydiving involves flying relative to other jumpers to build formations. This is still the predominant competition discipline. Formations can range in size from two, to more than two hundred people. Canopy formation flying involves skydivers stacking their canopies to build formations, while accuracy is where one attempts to land on a target. Freestyle and skysurfing are the newest disciplines in skydiving and include gymnastic manoeuvres while freefalling at speeds that can exceed 300km/h.

The UCT Skydiving Club owns equipment which is available to its members, namely Cape Parachute Club in Stellenbosch and Western Province Sport Parachute Club, situated in Citrusdal. Both these clubs offer first jumper training of an excellent standard, as well as advanced instructions in the various disciplines of the sport.

The UCT club also offers various subsidies to help its members. If you are interested in skydiving, please visit us on the plaza during Orientation Week, or contact Jeremy Joubert (Chairperson) at 761 2112 (h) or 406 6283 (w), Lynn Geater (PRO) at 438 9205(h), or Marianne McKay (Secretary) at 696 1897(h)/ x2329(w).



(affectionately known as Mashoabana). The men's teams are coached by former Cape Town Spurs player and coach, Abe Wy-mers. Under his guidance, UCT's first team has achieved a remarkable measure of success in a short period of time. The women's team is coached by Eugene "Gino" Simon-pong who has transformed "Mashoabana" into a real force to be reckoned with.

"Mashoabana" is looking for talented, dedicated individuals to boost its strength. First-time players are invited to join. The team trains twice a week and plays on Sundays.

The soccer club also offers a thriving internal league programme. The league is divided into two divisions, with a total of 32 teams currently competing. Plans are in the pipeline to establish a women's internal league. In addition, the club hosts a number

of internal and external tournaments. With the growth in popularity of soccer amongst women, women's tournaments will be run concurrently with established competitions.

Registration with the club will take place during Orientation week on Jameson Plaza or at sport Centre reception.

## Squash

This past year has seen the Squash Club achieve the unthinkable. The Club not only cleaned up all the major awards on campus, but also at the Tertiary institutions level. UCT has won the men's and women's sections of the South African Universities tournament for the last three consecutive years. This year we want to improve on last year's successes at the highest level, as well as increase the involvement of all the members regardless of their level of squash, participation and competitiveness.

There are a few ideas that the committee has on realising these aims. At the beginning of the season (which will start at the beginning of Orientation Week) we will run a Ranking Tournament for all the new members and the old members, who incidentally have to re-register at the beginning of the season. Three times a week the Club Captains, Scott Rickard and Bev Ireland, will take the members on a fitness run around the UCT grounds.

For any queries about the club and how it functions do not hesitate to call Sports Administration at 650-3564 or Zuko Kubukeli (Club Chairperson) at 685-7541.

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## Soccer

The soccer club has three teams registered in Cape Town district leagues. These consist of two men's teams and a women's team



Three times a week the Club Captains, Scott Rickard and Bev Ireland, will take the members on a fitness run around the UCT grounds.

## Surf

Club members enjoy regular lifts to the beach, contests and infamous parties, discounts doing repairs at Waterseal Glassing, and access to our surf video library, with all the hottest new releases. You'll score epic waves on our surftips up the coast, and on our legendary annual pilgrimage to Jeffrey's Bay and Seals in July.

We hold surf contests in the first semester to select a team for the National Surfing Tournament at Seals in July. Never surfed in a contest before? Don't stress. We have a 'Rookies Division' for those who don't think they're quite ready for the ASP yet. Our video-taping sessions and helpful advice will have you guys ripping in no time! Make the team, and you score tons of killer free stuff from our sponsors! Last year we took second at the National; in 1996 we're going for gold.

In the 2nd semester, we take on Stellenbosch at Intervarsity, and Cape Tech in the 'Kings of the Cape' clash. The annual Open Club Championships and prize-giving function are also held.

So, if you're Wilbur Kookmeyer, a style bandit soulmeister or a promising talent, we need you! If you're looking for a ride to the beach, a surf buddy, want good waves, new boards, advice or information, call our committee members -- Duncan Scott at 685 2429, Rob Schembruiker at 685 6803, or Ryan Frondeat at 685 2429, or check the notice board in the Students Union. We'll hook you up.

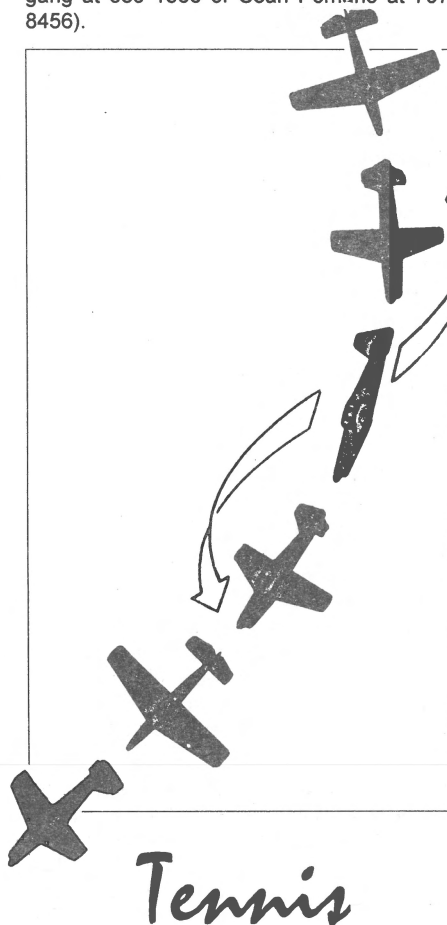
## Table Tennis

During the previous year, the Club managed a 1st and 2nd place in the Trivarsity Tournament and a third place in the Intervarsity (with 3 players graded within the top 8) In the Western Province League, the 1st team managed a creditable place, with the other 4 teams having mixed fortunes.

The Club tries to accommodate players of all levels of ability, i.e. beginner onwards, with the Club's stronger players being available for coaching and practice. The Club has two practice nights a week, one

Wednesday evenings and the other on Sunday evenings.

If you are interested in playing the game, come and talk to us on the Plaza during Orientation Week, attend a practice or telephone a committee member (James Liesegang at 689 1366 or Sean Pomario at 797 8456).



We have a very active competitive league as well as enjoyable social practice -- something for everyone!

Everybody is encouraged to enter the annual Club Championships, since it presents the perfect opportunity to get involved and meet fellow tennis enthusiasts. For the more serious players it is a chance to join the squad from which the team to the SASTA Tournament will be chosen. An excellent incentive!

The Freshers Tournament, played in a round robin format, is aimed at getting everybody involved as soon as possible, and this competition certainly should not be missed.

Social practices will be held on Wednesdays from 17h00 till 19h00. Provisionally, the Freshers Tournament is scheduled for 26/27

February, and the Club Championships are scheduled for early March (check the notice board for definite dates and times).

If you need any more information please contact Tim Deane at 689 8731 or Debbie Stocks at 531 2614.

## Triathlon

Triathlon at UCT has been relatively inactive over the last three years. **THIS HAS CHANGED!!!**

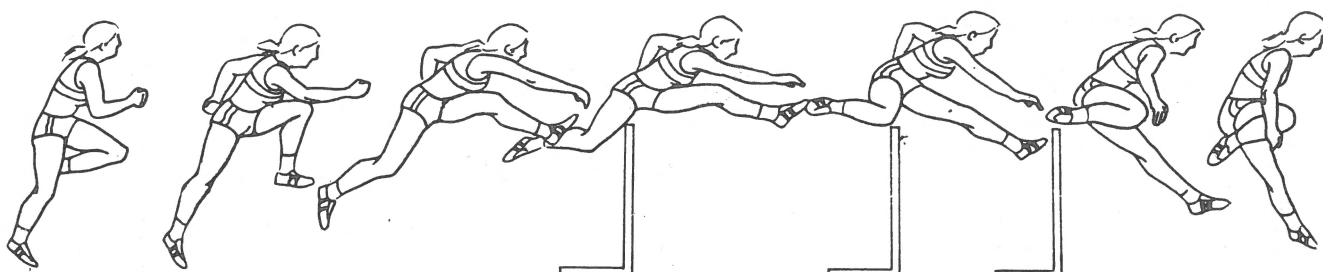
Our aim is to improve the level of involvement of students at triathlons, as well as to provide a useful service to club members. At each race we will have a central place to secure gear, as well as having a box of spares for those who forget their helmets, goggles, waterbottles, etc.

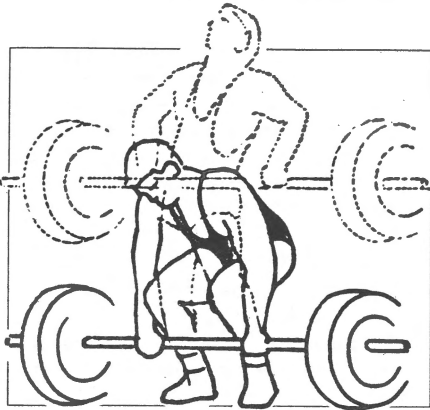
If you are at all interested in running, swimming, cycling or all three, then join the Tri-Club. We will be arranging teams at all events as well as catering for duathletes (cycle-run only). For further details, please contact Sports Admin.

## Underwater

The Underwater Club caters for four main underwater activities, namely SCUBA diving, spearfishing, underwater hockey and SCUBA orienteering. Although SCUBA diving is our most prominent activity, we are continually trying to increase interest in our other pursuits. There are various spearfishing competitions throughout the season. Additionally, regular, as well as potential, spearfishermen(women) are catered for with regular training outdives. There are also various hockey fixtures and regular training sessions for regular and potential underwater hockey players. A team representing UCT competes at the annual SASSU event every year (i.e. old SAU), and the club boasts several national and provincial hockey players and spearfishermen(women).

The club owns a brand-new 5m Stingray duck with twin 50hp Yamaha autolube engines, which is equipped with a hummingbird echosounder and a 29meg radio, and is licensed to carry eight divers. We have 22 full SCUBA sets, most of which are equipped with octo's, a Bauer air compressor and extra tanks, all housed in the Com-





pressor Room in the Sports Centre.

Club dives are conducted on average once a week, weather permitting, and an answering machine has been installed in the Compressor Room to inform members of dives on short notice and about local conditions. Equipment is available for hire to all members each week at a small fee.

The club is affiliated to the South African Underwater Union (SAUU), and numerous diving related courses, from beginners courses to compressors courses, are run by the club throughout the year at far lower prices than the commercial equivalents. The club has experienced NAIU and SAUU instructors at its disposal.

Please keep an eye on the Underwater Club notice board in the Students Union, as it is the essential link between the club and its members. Visit our stand on the Plaza during Orientation Week (look for a big, beautiful boat!), or contact us for further details -- Nic Woolaway (Chairperson) at 7946964, Malcolm Fair (Equipment) at 610785, or Justin Bothner (Communication) at 6898731.

## Volleyball

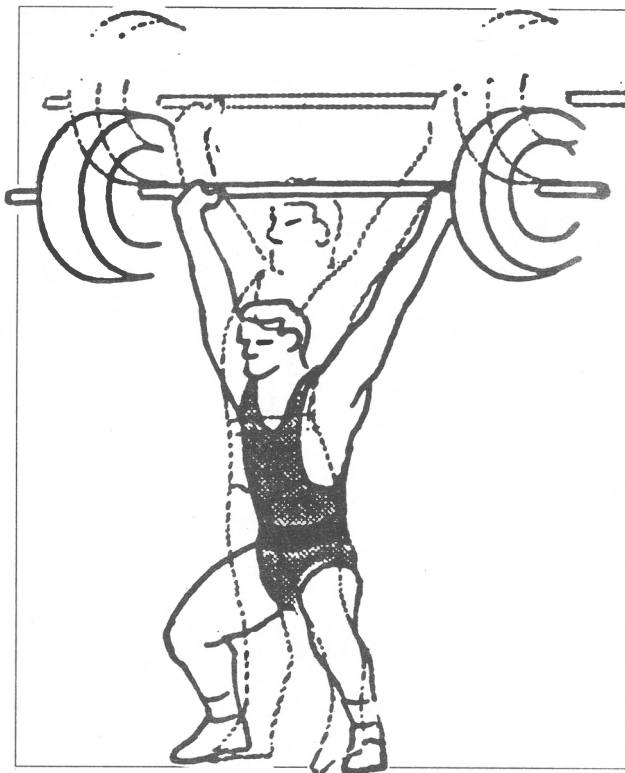
The club's biggest achievement in 1995 was the men's first team winning the SAU (SA Universities) tournament for the second time in succession since unification. The ladies' first team finished fourth in the same tournament. Three of our teams participate in the WP League competition. The ladies' and men's first teams are in the premier division, and the men's second team is in the first division. The club also has a beach court on Middle Campus next to the Education building. Beach Volleyball equipment can be hired from the club to use on the beach court or on the beach.

1996 will be a fun year with lots of interesting events happening. For further information, come to our table on the plaza during Orientation Week where you can also meet some of the club members. If you can't come to the table, you can contact Nikki at 650 3674 (w) or 434 6333 (h). We looking forward to seeing you in 1996.

## Waterpolo

The UCT Waterpolo Club is growing from strength to strength. We now have 5 teams in the Western Province league. There are 3 men's teams and 2 women's teams. This allows for members to compete on all levels.

The club is one of the largest in Western Province and has the expertise of a Hungarian coach, Karoly von Toros, and the experience of a number of SA and Provincial players. There are a number of exciting things to look forward to in the year ahead, namely the Intervarsity, the Rondebosch Tournament and the Winter league. Our



club house will also be used for club evenings.

In December 94 the UCT men's 1st side won the SA Tertiary Waterpolo Tournament held in Bloemfontein. UCT had 4 players selected in the top 13 players of the tournament and another 2 made the B-side. For the first time a UCT women's side played in the 95 South African Students Women's Tournament held in Durban. In the men's 1st team one of the players captained the SA U/so team that went to Egypt.

The sport in the Western Cape is starting to be played all year round with a indoor winter league and a summer league that goes right into the middle of December.

Anybody interested in playing waterpolo should come and sign up during Freshers' Week or contact Anthony at 4488566.

## Water -Ski

Welcome to another wet, water-skiing year. UCT Water-ski Club operates from Zeekoev-

lei, about 15kms from UCT. We have our own 130hp ski boat and all other necessary equipment and recently our spanking new boat shed was completed adjacent to the Rowing club Boathouse at the vlei. Water-skiing is increasing in popularity. It is also one of those addictive pastimes. Once you try it for the first time, no matter how bad you are, you will always want to come back. We also hit the long road some time and trips to Clanwilliam, Kwaggaskloof and other popular skiing spots are on the cards. We offer Weekly skis at ridiculously low prices. Watch our notice board for details, visit us on the plaza or hone Pat William 650 3557 for further details.

## Weights

The UCT Gym is situated on the upper squash court level, and boasts excellent training facilities for bodybuilding, powerlifting, circuit training and general fitness workouts.

The Weights Club is privileged to have outstanding coaches in Ron Collins and Brian Collins, who both possess a wealth of knowledge and experience in the field of weight training and general fitness, both of whom are available to give expert advice on coaching and nutritional information to all Weights Club members.

The gym is open to sports people of all codes for official training and by many students who merely want to keep in shape.

The gym is open

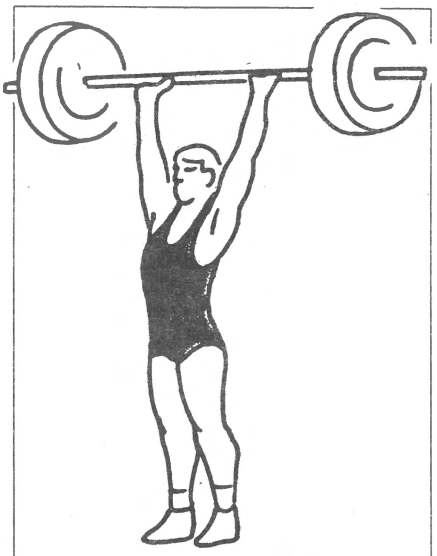
Mon. - Fri.	08h00 - 21h00
Sat.	09h00 - 13h00
Sun.	10h00 - 13h00

Exam Times:

Monday to Friday	12h00 - 14h00
	17h00 - 20h00
Saturday	09h00 - 13h00

University vacation and Public Holidays:

Monday to Friday	16h00 - 19h00
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The UCT Weights Club will be organising an orientation week (dates and times will be posted) in the gym to familiarize new members with the facilities.

Don't forget to visit us on the plaza where you will be able to sign-up for the Weights Club. If you have any questions, you can contact Sean Moodley (Vice Chairperson) at 448 4239/40.

## Women's Hockey

Last season was a success; not only did we get our astro (which all teams get a chance to play on), but all our teams finished in the top six of their respective leagues. UCT was represented in the U/21 and senior Western Province sides and came fourth in the Tertiary Tournament. Practices takes place twice a week, either at the Astro or Oval and trails are usually held at the end of March.

Keep an eye on the notice board in the Students Union. We'll be at the plaza during Orientation Week, or for further enquiries ask at Sport Admin. or contact Jo Henderson at 689 3047.

## Yacht Club

UCT Yacht Club offers new and returning students an excellent opportunity to get into the exciting and growing sport of sailing. In

a city renowned for its hectic winds you will get perhaps the best conditions to experience the adrenaline rush that has millions of sailors hooked, worldwide.

The Yacht Club has excellent facilities that are all available for our members' usage, any day of the week. The Club has a clubhouse on the Zeekoeivlei peninsula and sails two Lasers, four Sprogs and two Windsurfers. There is also a rescue boat, the trusty Hippocrocadux, and a Quagga, an eighteen foot day sailer keelboat which is ideal for sail training and sunset and mid-night cruises.

Most sailing takes place on a Friday afternoon and evening. Members arrive down at the Vlei after lectures, or during lectures if they really can't wait that long. The Club usually supplies transport if there is demand for it. There is an afternoon of sailing, either social or short course match racing followed by a sunset booze cruise and a braai. Novice sailors should look out for our Sailing course (for absolute beginners) which will be run over the first weekend of the semester.

We will have a desk on the plaza and a more comprehensive booklet giving you more information on the club. Come and meet us, hear about the club first hand - chat about what the club is all about - and before you know it you'll be on the water having the time of your life.

## Chinese Wushu

Unlike most martial arts, the internal (or soft) techniques practised by the Wushu Club do not depend on muscular strength. The se-

cret behind the power of internal systems lies in the cultivation and practical application on internal energy, or chi. There are basically three internal martial arts -- tai chi, already fairly well known, and hsing i and pa kua, both relative newcomers to the west. Although all these are not essentially 'fighting' arts, they are devastating as systems of self defence.

Hsing i chuan is an explosive Chinese internal martial art based on the traditional five elements (wu hsing): metal, wood, fire, water, and earth. Each of the elements has a relationship with an internal organ. When one practices hsing i chuan, benefits include not only self defence skills (which are very effective), but the exercise of the corresponding internal organ as well.

The UCT Chinese Wushu club is not competitive, but is active in the development of Chinese martial arts (life tai chi chuan, hsing i chuan, and internal shao lin chuan). For the past three years, we have been lucky to have as coach, Micheal Lan, a knowledgeable martial arts teacher and a practitioner of traditional Chinese medicine.

For information speak to us at our stand during Fresher's Week, check our notice board in the Students Union (we share a board with the Kung Fu Club), or contact Micheal Lan at 685 6933, Niel Griffin at 650 3402, Heather Sherwin at 650 4090/61 8157, Graig McLuckie at 686 34490, or Sports Admin.

All sports-related enquiries may be directed to the sports administration at 650-3564. ■

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# getting it on...

and getting away with it.

If you are sexually active - with somebody of the opposite sex, that is - and you want to avoid pregnancy, make sure that you get *and use* some contraception.

**the condom** - a thin latex sheath worn on the penis during sex.

**advantages:** cheap, 96-98 percent effective if you use it properly, no prescription needed. And the male can take responsibility for it. Also the only contraception that helps to prevent the spread of HIV and other sexually transmitted diseases. Finally, putting it on can be a valuable part of foreplay.

**disadvantages:** side effects - the lubrication can (not will) cause vaginal irritation, but that does not make the condom ineffective. It can break, and if it does, it will be ineffective. If you're going to use a lubricant, use it in combination with a water-based lubricant (like KY jelly). *Never* use any non-water-based lubricants (i.e. don't use cooking oil, vaseline, baby oil...). If it is not water based it will weaken the condom, and you run the risk of it breaking. Also, don't use more than one condom at a time (the friction caused by more than one increases the risk of the condom breaking), and don't re-use a condom!!

**the pill** - a pill containing hormones (oestrogen and progesterone).

**advantages:** 99 percent effective. Convenient (you just have to take a pill a day) - so no preparation before intercourse. Makes your period like clockwork, and can reduce the pains of PMS. There is also some evidence that it reduces risks of ovarian cysts and pelvic infection.

**disadvantages:** You have to be disciplined and take the damn thing. You shouldn't take it if you have any heart difficulties and it tends to raise your blood pres-

sure. Also, the pill can cause headaches, depression, loss of libido, weight gain - even increased pigmentation. Often these can be avoided by getting a pill that suits you better, perhaps one with a lower dosage of oestrogen. Shop around. There are lots of pills on the market. Different pills have different affects on different people. If your doctor is one of those one-pill-fits-all types, change to a doctor who is not.

**the mini-pill** - like the normal pill - but without the oestrogen.

**advantages:** minimal side effects (see the disadvantages with the actual pill).

**disadvantages:** not quite as effective as the pill: 97-98 percent compared with upwards of 99. Again, efficiency depends on taking it regularly. Also, it doesn't regulate the menstrual cycle like the pill does.

**injections** - an injection of progesterone with long term effect.

**advantages:** 99 percent effective. No need to remember to take it daily - just boost it every 2-3 months. No links with cardiovascular disease or cancer proven

**disadvantages:** Disrupts your cycle. Side effects similar to the pill - depression, loss of sex drive, weight gain, maybe increased pigmentation - but often worse in intensity. Clearly this is not a temporary measure - it can take up to a year to become fertile again - but permanent infertility is not indicated at all. (And *not* for those who are not into needles...)

**diaphragm** - a cap that fits over the cervix, preventing entry of sperm.

**advantages:** no serious side-effects. Can insert it when you need it.

**disadvantages:** You can't fit it yourself - your doctor must - which makes it a little invasive. Thereafter you insert it yourself, though. You must keep it in for at least eight hours after intercourse - and you should always use it with spermicide to attain a maximum 95 percent efficacy.

**intra-uterine devices** - the 'IUD' prevents attachment of the foetus.

**advantages:** doesn't muck up your hormones and, once inserted, is effective for up to five years.





**disadvantages:** a higher chance of pelvic infection and potentially far heavier - and painful - periods.

**rhythm method** - having sex when the woman's cycle is 'safe'. There are various methods. Some are no more complex than counting the days since the last period. This method is about 53 percent effective. Not so good. The more complex methods use temperature and chemical analysis. These methods get up to about 85 percent. Still a good 10 percent below any other method. This method has lost favour in the context of newer methods.

**advantages:** very few: It has religious advantages if

you are Catholic. It has no side effects.

**disadvantages:** unreliable; depends on your period being regular - which it may not be; depends on good maths, a sound understanding of biology. Incredibly frustrating in the unsafe periods. Effectiveness: about 50 to 80 percent depending on method.

**alternative sexual practices** - masturbation, mutual masturbation, cunnilingus, fellatio, stroking, feeling, kissing, touching and good old-fashioned abstinence.

**advantages:** will not lead to pregnancy.

**disadvantages:** may lead to something that will.

**whoops!** Can you do anything useful if you have had unprotected sex and are worried about pregnancy? Yes, you can. The so-called 'Morning After Pill' (a very high dose of hormones) will prevent pregnancy (not 100 percent effective, but very high.) Or have an intrauterine device fitted within about five days, which will achieve the same end.

**disadvantages** - it isn't fun. You can't use the morning-after-pill often (because it is so strong) and it causes nausea sometimes.

**advantages** - you don't have to have a baby.

**I need a second opinion...**

If you need more advice or information about contraception - no superstitious contributions, just the bare facts - then try phoning Student Health at 650 3662 or your doctor.



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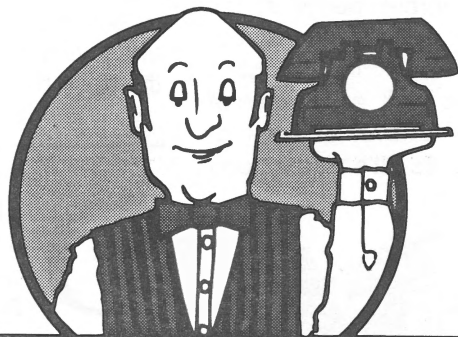
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a

of campus

z

**A**DP: stands for Academic Development Programme. They sponsor various projects and programmes on the issue of - what else? - academic development. But also, if you want to learn the basics of how to use a computer and make your life easier by being able to more quickly produce essays, go to ADP and ask about the Computer Literacy Project. You can also check out their ad in the Diary.

**ARTS BLOCK:** one of the original buildings, if you're standing on the plaza with your back to the mountain, it's diagonally to your right. Many of the Arts departments are housed there - English, Xhosa, Linguistics, etc.

**B**AXTER THEATRE: and, in recent years, cinema. The theatre complex was made possible by a bequest of William Duncan Baxter. Student discounts are still being negotiated by the TSC.

**BAXTER RES:** also named after the same person, this women's res located next to Tugwell and Marquard was the only res without a pub. In his will, Duncan Baxter specifically forbade a pub in this women's domain.

**BEATTIE BUILDING:** It's the next building past the Arts Block, and it is also the home of various Arts departments, such as French,

German, History, Afrikaans, etc. Ably taken care of by the awe-inspiring Joe Samuels.

**BOOKSHOP:** found in the Student Union. Sells stationery, maps, postcards, computer stuff, newspapers, etc., as well as new and second-hand books. On the Red Level, Students' Union.

**BRACKET:** A Journal of Graduate Studies in the Humanities. It was started last year by a group of graduate students in the English Department who recognised the non-sensical dilemma of the English postgrad who wants to become a professor -- ie that in

order to get teaching positions at the university level, one must publish, yet it is nearly impossible to be published without being a professor (!). The editorial publishes two journals per year. It's a good place to look to check out the standards of the English Department, as well as a way of checking out the level of work of your English tutors. It's also a good

thing to support financially as it represents the success of student initiative. And, it's fairly cheap.

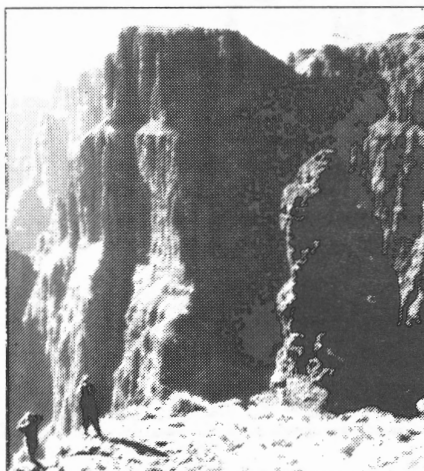
**BREMNER:** home of the UCT administration. Stuart Saunders has his office here. It's also where you go to pay any balances or ask any questions on your account.

**BUS:** There's a bus service that links UCT with medical campus, Claridges res, Forest Hill, Hiddingh Hall and other far-flung parts.

**C**AMPUS CONTROL: UCT's 'security company'. Men and women who patrol UCT 24 hours a day. Always willing to help, their Upper Campus office is in the basement of the Robert Leslie Building, and their head office is next to Leo Marquard. Phone them at 650-2222.

**CLUBS AND SOCIETIES:** Hopefully, you've read about them already. If, by chance, you missed them, go back to page 16.

**D**EBATING UNION: UCT does not have a debating union. Amazing though that may seem. The closest you will come to such a society is the Socratic Society which frequently organises debates between students on hot issues - and are suitably irreverent, except that even that's dying now and needs revival to maintain a forum for open debate between students. The trying on of opinions is encouraged as a route to the truth - nobody being held to



their utterances. The Campus Committee for Debates has a poor track-record for genuine debate between students, but has offered debates between off-campus people, which is a start.

**DE WAAL DRIVE:** This is the name of the freeway that splits upper from middle campus. Clearly, if it were not there, UCT would be a more unified campus. For this reason there have been suggestions that the freeway be put into a tunnel - with more buildings on top. Yet, the University continually claims to have no money...

**DIARY:** The SRC (well, TSC this year) produces a diary each year. You have to have one. This costs little and can be put onto your account, so the bursar pays. If you want to pay cash, it's still cheaper than the most inefficient diary you'll find at CNA, and it's better quality. It helps you as a student keep your life organized, if you buy one that is. You can buy them on the Plaza during Orientation Week (go to the TSC stand or wait for someone to approach you to buy one), the UCT Bookshop, the Student Treasury (Green Level, Students' Union, across from Varsity offices), or many of the shops down in Rondebosch.

**DP:** This stands for 'duly performed'. If you 'duly perform' all the requirements that your department has for a certain course you will be given your DP. If not you get a DPR, and your DP is revoked and you fail the course, not even allowed to write the exam. Find out what the DP requirements are at the beginning of the year. Don't panic if you lose your DP: ask your TSC for help convincing them to give it back to you.

**DUSTBOWL:** large parking lot next to the Sports Centre. It was tarred three years ago, but the name has stuck. There is a semi-official parking lot below it, just opposite

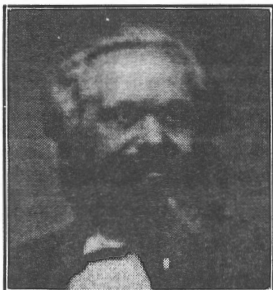
the entrance to the official Sports Centre parking area. This is just dust, but is called the gravel pit to avoid the inevitable confusion that arises.

**EDUCATION BLOCK:** large award-winning design on middle campus, just up the hill from Bremner. Home (surprise!) of the Education Faculty, and the Careers Office and the Teaching Methods Unit. Best conference venues on campus.

**FINANCIAL AID:** on Green Level, Students' Union.

**FOOD:** Read the food review on page 15.

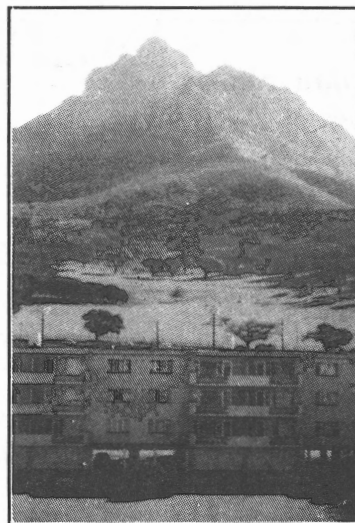
**FOREST HILLS:** once a block of private flats, but before that the site upon which the block stands used to be a brick kiln - where bricks were baked. This is why the mural on the Main Road side depicts a large oven. Some of the blocks are still private flats, but it seems that every year another block is turned into student housing.



**FORTY FOUR OXEN:** a rather shadowy group that plants trees on campus on Arbour Day. One can be seen on the patch of grass between the Arts block and the fir tree. Another is on the slope of the dam next to the dust bowl parking lot.

**FOUNTAIN:** There is a rather strange, flat water feature on the plaza. Rather confusedly, this creation, clearly designed for the breeding of mosquitoes, is described as the fountain. It remains unclear why the designer chose to employ eastern

iconography, but it is a convenient place to soak one's feet and wait for friends.



**FULLER:** the original women's res on campus, and where Smuts boys dine. Interestingly, as Dr. Eve Bertelsen in the English Department pointed out, Fuller (and Smuts) marks the division of Upper Campus

into traditional neo-classical categories of 'male' and 'female'. All of the 'softer' subjects (i.e. non-factual, theoretical subjects, such as literature, language, and philosophy) are located on the same side of campus as Fuller, while the 'harder' subjects (i.e. factual, objective, traditionally male-dominated subjects such as maths, science, and any combination of the two -- engineering, computer science, etc.) are located on the same side as Smuts.

**GOths:** becoming less common, goths dress in black and generally belong to CLAWs and the Tolkien Society. Why? - you ask. Accounts vary. Some see the rise of gothic culture as an unconscious rebellion against the coutured regimentation and forced paisley cheerfulness of the eighties, and certainly goths have receded into the nineties. Alternatively, Goths are narcissistic rebels against punk, and their current lack of numbers represents a new general awareness that punks are silly. Image conscious they are.

**GLENRES:** once a hotel, now a res opposite Pizzazz.

**GROOTE SCHUUR:** not the hospital, the res (catering res, as well as self-catering flats)! Tucked



**H** **AHN, PAUL DANIEL :** immortalised by the eponymous building, home of the Psychology Department and others.

**I** RMA STERN MUSEUM:  
UCT has its own little  
museum. Housed in the  
home of the late Irma Stern  
(one of the country's greatest  
painters), it is dedicated largely to  
her work and to her amazing  
collection of African art and objects.  
They have great exhibitions and  
charge 50c entrance. The house is  
just next to Baxter res on the City  
side.

**JAMESON HALL:** better known as 'Jammie', but named after Leader Star Jameson, who invaded the Transvaal under the orders of Cecil John Rhodes. The Victorian equivalent of Iran-gate. Jammie hall is the centre of UCT. In the sixties there were plans to convert the hall to space for the library and to build another hall elsewhere. The plans were scrapped as soon as sense prevailed, leaving the very beautiful interior with its 100 light bulb deco hanging lamp intact.

ride, you now have to pay 80c, which is a lot considering that it was just 50c at the beginning of 1995. (It went up to 60c some time last year, and then jumped to 80c over the summer vac.)

**KOPANO:** new name for Driekoppen res. The name Driekoppen was derived from the name of the area which was named this after an incident in the seventeenth century when three slaves, found guilty of killing their master, were beheaded and had their heads impaled on spikes near the site of the res. Not very politically correct at all. The old nickname of the res is worse. Returning servicemen after the Second World War dubbed the place 'Belsen' in memory of the concentration camp. Last year, the res got together to re-name themselves. After a process delicately managed by Professor Bunding, the new name was chosen. It means 'unity'.

**L**ESLIE: the huge monolith on university avenue. Frank Lloyd Wright (brilliant American architect) is said to have said that while doctors bury their mistakes, architects can only recommend ivy; and, indeed, vergilia creeper has been planted alongside the Leslie. The inside, however, contains a lot -- from lost property on the ground floor, to the Philosophy department on the sixth floor.

**LIFTS:** Student Advice organises a lift scheme at holiday time. Phone them at 650-3533/6.

affectionately dubbed 'the H-block' for its rather austere (some might say grim) quad that resembles a prison structure.

**M**ARQUARD: one of the two towers on Main Road, Rosebank, at the bottom of Woolsack Drive. An all-male res and twin tower of Tugwell - except with less intact light fittings. You'll find an ATM here (the only one on lower campus.)

**MICHAELIS:** art school on Orange Street campus.

**N**SLT: Not new any more, the New Science Lecture Theatre was built in the late fifties and is one of the largest venues on campus. Far left on University avenue as one faces the Cape Flats.

**NOTICE BOARDS:** If you are looking for accommodation or to buy or sell, look in the foyer of the Leslie, on the walls of the Dorego cafeteria, or in any of the notice boards around campus, like in the Arts Block or the Students' Union going up to the TSC office.

**O**PPENHEIMER: octogenarian (or is it nonagenarian) chancellor of UCT. Should chancellor Oppenheimer ever die, who would replace him? No answer at the moment, but it would be interesting to see.

**ORANGE STREET:** home of Kulcha in a big way. Drama and fine art chill here, the original home of the South African College.

**OTTO BEIT STUDENTS' UNION:** Otto Beit was yet another generous benefactor. Made his money out of mining. The Students' Union is never called by its full name - simply the Union or Students' Union, or some variation thereof.

**P**ARKING: always a problem in the past, which is why first year students may not park on campus. Whether the changing demographics of the university will change this is not sure. Certainly, a far lower proportion of young people nation-wide drive than do at UCT, and as UCT approximates the nation's demographics more closely in years to come, the need for parking could well drop. But, if you are a first year, you probably don't care; you want to know where to park. So, try Rhodes Memorial, the top of Stanley Road, the fringes of

Woolsack Drive or the old zoo parking lot.

**PHOTOCOPYING:** The main photocopy centre is in the basement of the Jagger library. Your student card (or rather, the magnetic strip on its reverse) allows you to use any of the UCT photocopying machines once you have put money on your card. This can be done at the main photocopy centre in the basement of the library, or at any of the coin accepting 're-charging' machines. Photocopying of printed matter is generally illegal, of course. Probably the best place to get copies done is at the UCT Cash Copy Shop, which is between Jammie and the Union, right at the back. They have a free drop and



collect service, so you can leave large amounts of material between lectures and then pick it up later.

**PIT:** the amphitheatre sitting area on red level of the Union. Home of UCT Radio. Plans are afoot to change the pit into a fully-operational cinema this year.

**POST OFFICE:** There is one on campus, just left of the Students' Union -- back to the mountain. Called Rhodes' Gift.

**PUBS:** Until a couple of years ago, each res (except Baxter and some of the smaller ones) had a pub. These bore names like The Verge Inn, The George, The Grapevine, The Pint and Puss, The Cockpit and The Pubbity Pub Pub. Last-named was called that by default. Tradition had it that the pub (in Rosebank Hall) would be named after the first couple to have carnal

knowledge on the bar counter in the presence of two members of the house comm. It never happened (though Jonathan Hoffenberg has some stories to tell about how it nearly happened when he was on house comm). Hence the rather silly name.

**R**ADIO: UCT has a campus radio station. Once forbidden to broadcast by the government (notwithstanding the government's lily-livered handling of the right wing radio stations), their message now courses the airwaves. They are found at 104.5 and transmit across the city bowl to the edge of the Hottentotsholland Mountains. Coolest DJs in the Southern Hemisphere!

**RHODES:** pervasive presence to this day. Surely, you've noticed that half the campus is named after him...the post office, the memorial, the statue at the foot of Jammie steps which used to be on the other side of the rugby fields before the freeway cruelly split the campus, the Hall named after his star pupil, the Rhodes Room which used to be a student venue before it was raped and annexed by a previous SRC. Rhodes donated much of the land on which UCT stands, and the trust continues to send Rhodes Scholars from UCT to Oxford. "A vast and brooding spirit".

**ROSEBANK:** a res on Main Road. Generally a place of much frivolity during Orientation Week.

**S**AUNDERS: Dr Stuart Saunders. UCT's Vice-Chancellor. Recently his successor, Dr Mamphela Ramphele, was selected as Vice-Chancellor designate.

**SASTS:** South African Students' Travel Service -- a student travel agency to be found in the Robert Leslie building. The student travel agency. Also, get your ISIC



(International Student Identity Card) from them.

**SMUTS:** the first male res. Named after Field Marshall Jan Smuts.

**SOLOMON:** name of the highly gifted architect who designed this campus. A mammoth work by any standard, fraught with financial difficulties (which necessitated the scrapping of plans to place a domed roof on top of Jammie Hall), the strain proved to be too much for him and he suffered a nervous breakdown before the project was completed. He killed himself not long thereafter, leaving the work to be finished without him, but leaving as worthy a memorial as one can imagine: the original buildings.

**SRC:** (now called the TSC) an annually-elected body that looks after your interests as students. Phone them at 650-3537/8/9 if you need help, or visit them in the Rhodes Room on Red Level of the Students' Union.

**STUDENT ADVICE:** found on Yellow Level of the Student's Union. Easiest access is via the lift. They will advise you on all significant aspects of student life. And, if you're looking for a place to stay outside of res, they can probably help you out.

**SWIMMING:** There's an outdoor swimming pool, and it's accessible with your student card. It's just between PROTEM and Kopano.

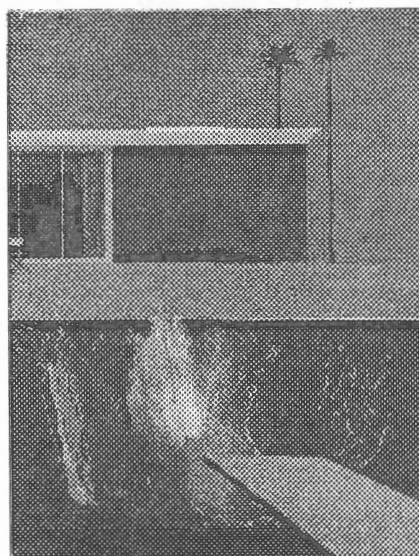
**TELEPHONES:** There are ticky-boxes (coin operated and card operated) at the bottom of the Leslie building and on every floor of the Student Union, including one just outside the Dorego cafeteria seating area. Phone cards are available at the UCT Booshop. About UCT phones: if you are dialling a UCT number from UCT (this does not include public

phones), you need only punch in the last four digits, and the call is free (for you). If you are phoning off-campus from a UCT phone, then you must first punch in a zero.

**TUGWELL:** the other of the two main road towers. Twin tower of Leo Marquard. Home of the roach.

**TUTORIALS:** a tutorial is not a lecture. You will have a tutor for every subject, who will probably be a young and impoverished postgrad. Tuts can be fun, and they are also where you will probably first meet the friends that you leave this place with.

**UNIVERSITY HOUSE:** oldish UCT residence constructed as temporary housing for the flood of ex-servicemen who came to UCT after the war. Temporary in the forties, it still stands today, next to Mostert's Mill.



**UPPER CAMPUS:** catch-all phrase for all the buildings above the freeway. Middle campus includes the Education Block and lower campus is all the buildings in the PROTEM area (Student Health, Student Housing, UCT Courts, etc.) Ballet School and the Baxter.

**VISITOR'S RECEPTION:** As you come onto campus from the Cape Town side, there is a little

booth next to the Sports Centre. Here you will find maps and friendly information, as well as temporary parking permissions for off-campus persons.

**WELGELEGEN:** UCT's Public Relations Department Building. Once a Cape Dutch homestead. It is directly above Kopano Res. Well worth a visit. It's also where foreign students go to renew study permits and visas.

**WOOLSACK:** a senior and post-grad res, recently built and awarded the mayor's 'Greening of the City Award'. Includes the old building after which it was named and which once housed Rhodes' guests.

**YELLOW LEVEL:** the second floor of the Students' Union, home of those wonderful people called Student Advice. Also home to Student Affairs (equally wonderful people).

**ZOO:** There used to be a zoo just outside UCT. Little remains now. They removed all the enclosures in 1993, except the lions' cage. And, the peacocks that used to roam the enclosure -- and get stolen by Smuts boys -- have gone too...probably eaten. Nonetheless, a soulful place for a walk. If you are agile you might want to scale down the iron railings of the lion's enclosure and explore their large cages. Leave campus as you would to go to Claremont/Muizenberg and the old zoo is on your right.

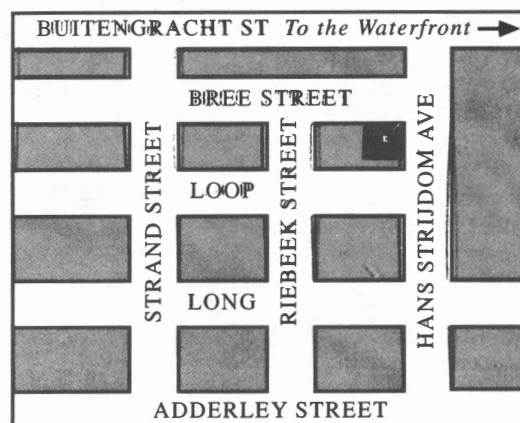
**ZOO PARKING:** The zoo may be gone, but its parking lot remains! It holds about fifty cars and, because the land is not owned by UCT, you can't be prevented from parking there as a first year. There is a new parking lot next to the Zoo Parking lot, run by UCT.

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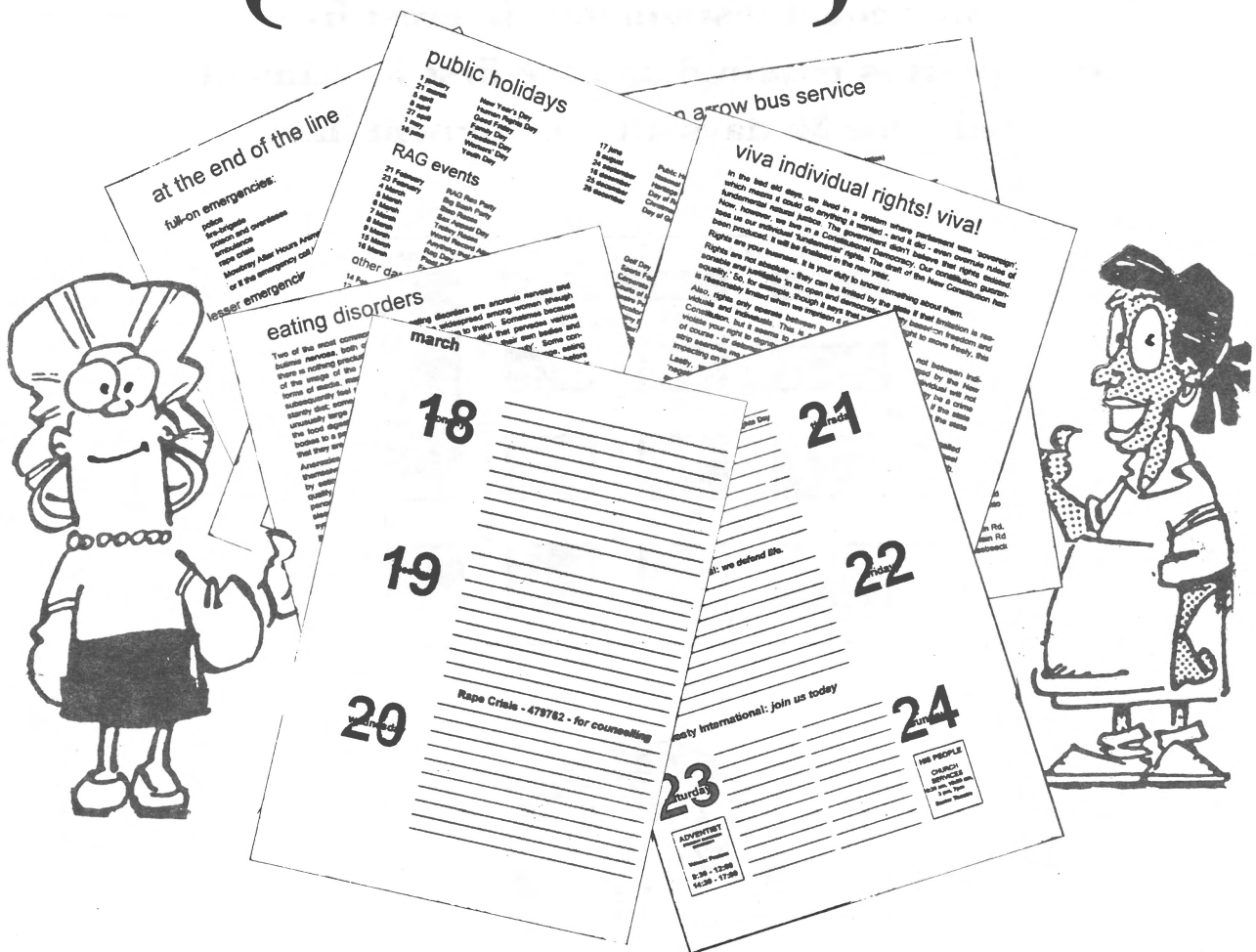
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# getting high

a quick guide to  
chemical supplements

**We're definitely not going to tell you to do drugs; and we're not going to tell you not to either. This guide tries to give you facts, not moral messages. Use it to make your own decisions.**

People our age do experiment. If you *do* do drugs - don't be stupid. Preferably avoid the more dangerous stuff (like crack and mandrax) entirely.

**Drugs and crime:** Be warned that use, possession or trade in any of these drugs (except alcohol and tobacco) are crimes in themselves. Also, **don't do drugs and drive.** It is a crime to drive (or even merely be in the driver's seat of a car on a public road with the engine running) under the influence of any of these (and many other) substances - except normal tobacco. All these drugs are dangerous if used to excess.

**dagga** - pot, grass, weed, hashish, hash, ganja, marijuana, bhang, banghi, dope, herb, schmeffter, cannabis, hemp, green, joint, plant, leaf.

**General:** The most popular illegal leisure drug.

**Effects:** Not physically addictive, but psychologically so. Effects include feelings of contentment, relaxation and happiness. Giggleness is common, as are a dry mouth and blood-shot eyes. It also increases appetite, creating what is more commonly known as 'the munchies'.

**Method:** It generally comes as a match box full of dried green leaves (often with seeds) - 'stops' - or as 'zols' (i.e. a hand-rolled cigarette). Generally it is smoked, but it can be baked with biscuits or as part of a cake or as 'hash brownies'. It can be infused as a 'tea' and drunk. Often smoked with crushed mandrax tablets mixed into it for an extra kick and additional health risks, including far higher risk of addiction.

**Risks:** No reported deaths from overdosing. Perhaps it is wise not to use during pregnancy (which is true of anything in this article) because of effects on foetus. If used heavily and regularly over some period of time, it can make difficult male's ability to have an erection, and

can decrease sperm count, but generally harmless if you don't chain-smoke.

**mandrax** - witpyp, genuines, (and a thousand other names)

**General:** Usage peculiar to South Africa, Mandrax is a scheduled pharmaceutical. South Africa consumes about eighty percent of world Mandrax production.

**Effects:** Intense, short high with intense long low. Puts you out of it - as though nothing matters.

**Method:** Crushed tablets mixed in with dagga and smoked.

**Risks:** Very, very addictive (after as few as three uses reported). Physically damaging. Bad trips common.

Deaths have been reported. Purity always a problem. Generally not a good idea. Not socially accepted.

**LSD** - acid, smarties, A, tabs, caps

**General:** Lysergic Acid Diethylamide is an extremely powerful hallucinogenic drug. Usually comes in form of small pills or as 'tabs' - that is impregnated paper. Socially accepted to a degree.

**Method:** Swallow the pill or tab.

**Effects:** Tiny amounts required. Trip lasts from 5 to 24 hours. Very intense experiences which can differ depending on your mood when you take it, and on your surroundings. Do not take it in anger. Do not take it in a setting in which you do not feel safe. If it is your first time take a 'guide' with you - somebody whom you trust completely to take care of you.

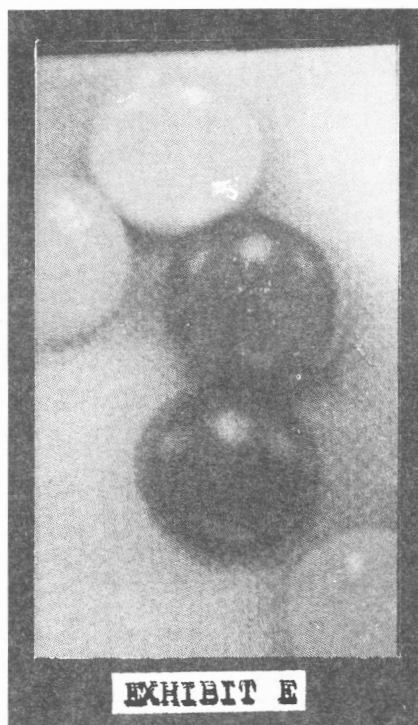
**Risks:** Can cause and aggravate psychological problems. Do not take it if you have a psychiatric history. It can cause anxiety problems. Addictive.

**ecstasy** - E, MDMA, nutmeg

**General:** Relative newcomer to the drug scene. Active ingredient is MDMA, found in Nutmeg and in the oil of sassafras. Very expensive in Cape Town. Increasingly socially accepted - could be a fad.

**Method:** Generally tablets, but tabs too.

**Effects:** Increase in fluid loss, loss of appetite, sweating, dry mouth. After this period: feelings of closeness





to the people around you. Serenity, calmness, lack of aggression. Some people claim it aids psychic linking.

**Risks:** You could get seriously dehydrated. Take plenty of liquids (non-alcoholic.) Ecstasy has been connected with a very small number of deaths. Ecstasy has been linked to permanent brain damage in a small number of cases in the United States. **Actual nature and extent of risks is as yet unascertained due to relative youth of this drug.**

**glue** - [no clever euphemisms known to us....]

**General:** Very popular amongst street children in Rondebosch.

**Method:** The glue is put into a plastic drink bottle and the fumes are then inhaled.

**Effects:** Mild rush of short duration.

**Risks:** Damage to lungs. Risk of inhaling bag if inhaled out of a plastic bag.

**heroin** - smack

**General:** Strongest of the poppy derivatives (which include opium and codeine). Used as a pain killer for the terminally ill. Not socially accepted.

**Method:** By injection. Comes as a white or a brown powder.

**Effects:** Kills pain; creates sense of euphoria in which nothing seems to matter.

**Risks:** You can overdose and die. Signs to look for: extreme drowsiness leading to a coma, shallow breathing and a clammy skin. Also, purity is always in doubt. If you use this drug, be sure of the supplier - easier said than done. You can catch grim diseases like hepatitis and AIDS from dirty needles - *never* share needles, *never* use used needles. It is physically addictive, but not necessarily immediately so.



**cocaine** - crack, freebase, nose-candy

**General:** Crack is the smokeable form of cocaine. 'Freebase' is cocaine with a lowered melting point. 'Crack' is a form of freebase cocaine - it is cheap to produce, but tends to be less pure and therefore more dangerous. Increasingly obtainable in this country. Cocaine is socially accepted amongst the rich. Crack is not socially accepted at all.

**Method:** Cocaine powder is usually 'snorted' via the nose or melted and injected. Crack is smoked in an ordinary pipe or inhaled after burning in tinfoil.

**Effects:** An initial rush of half a minute, followed by a thirty minute high. Illusion of increased self-confidence.

**Risks:** Post high depression and anxiety. Similar effects to adrenaline; increases heart rate, body temperature and blood pressure. High chance of physical addiction for cocaine in general, and immediate physical addiction

for crack. Crack's heightened bad after-effects lead to an instant desire for repeat intake and so dependency.

**alcohol** - beer, cider, wine, spirits, cocktails, drinks, dop, suip

**General:** Alcohol, rather arbitrarily, is not on the list of banned substances, while marijuana is. It presents as a clear, volatile, odourless liquid which may have a characteristic alcohol smell when commercially prepared. Currently very cheap and easily accessible. Almost universally socially accepted.

**Method:** Generally by drinking, but can be mixed into sauces, poured over desserts and the like. Various strengths available - as different dilutions are standardly prepared - from about 0.2 for Low Alcohol beverages to 40 or 50 percent.

**Risks:** Overdose possible if consumed too quickly. This is known as 'alcohol poisoning'. Long term risks of dependence fairly high. May lead to total liver collapse and death. Consumption may lead to aggression and recklessness. Children born to mothers who drink while pregnant (especially in the first 3 months) may have Foetal Alcohol Syndrome with stunted mental and physical growth. Purity seldom in doubt thanks to legalisation. Social acceptability of consumption increases incidence of addiction.

**tobacco** - fags, coffin-nails, cigars, cigarettes, pipes, schmafdi, cancer-sticks

**General:** While nowhere banned, most countries limit the areas where this drug may be consumed because of the effects that it has on the health of people in the vicinity of the smoker. Originally an import from America by Sir Walter Raleigh, now the main cash-producing crop of many regions. Social acceptability varies from location to location.

**Method:** Generally presents as a pack of 20 or 30 cigarettes, but may be as open tobacco which is then rolled into a slip of paper or stuffed into a pipe. Sometimes chewed.

**Effect:** Provides a short 'rush' of very short duration which decreases nervousness.

**Risks:** Same as for dagga except that the risk of addiction is markedly higher - most users become addicted. For addicts the risks are long term: various forms of cancer have been linked to long term tobacco consumption. Addicts are detectable by brown stains between their index and second fingers (and on their teeth) and a general 'smoker' smell around their hair, clothing and breath. Physiological signs include dry repeated cough, fidgety nervousness, irritability and moodiness when unable to use the drug for periods as short as ten minutes.





*Welcome  
to Cape Town!*



## RESTAURANTS

Near UCT: many of them. In **Rondebosch** there is the Spur, the Hard Rock, Hussars, Wimpy, Ardi's, Kuzmas (open until 4:30 in the morning). There's Steers on the Main Road, next to the United Student Branch and an Italian restaurant in the Fountain Centre. There's another Italian restaurant, Bacini's, in the Riverside Centre. Health food? Try Tri Health in the Riverside Centre. If you just want the cold stuff, there are two frozen yoghurt shops on the main road (Marcel's - which opened first, and Mike's).

In **Mowbray** on the Main Road you'll find Between the Buns, a Kentucky Fried Chicken and Pizzaz, a very popular pizza and pasta venue. A few blocks down (toward Cape Town), you'll find Boom Shaka, which sells traditional South African meals, like papa and meat. Also, off the Main Road, on Durban Road (which runs past Liesbeeck), there's a small Chinese Take-Away that has a limited menu, but great food for fairly reasonable prices (next to the Kwik Spar, and actually just off of Durban Rd.), and a few blocks down is a Thai restaurant -- Thai Chi.

In **Observatory**: Pancho's serves excellent Mexican for only slightly unreasonable

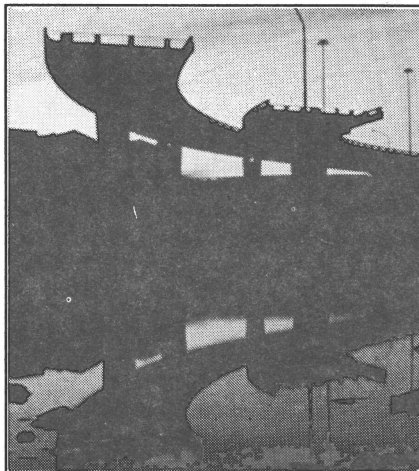
amounts of cash and they are now mass marketing their amazing Nachos. Fernando's is good, as is Bensons (reputedly the cheapest for lunch). Antonio's is a student run Italian Restaurant with good food and reasonable prices.

The Africa Cafe serves fine African cuisine for startlingly realistic prices. There's also Machado's Tavern, which sells Portugese chicken and pizzas. All of these places are along Lower Main Rd. A little further along the line:

Emily's in Upper **Woodstock** and the Woodstock Inn are very good. Emily's is justly proud of their desserts.

On the Muizenberg side: Spanish Gardens in **Claremont** was a student hangout when my mother (doesn't matter whose mother, you just need to know it was a while ago) was that age. It changed hands recently, but is still going. Claremont generally has restaurants too Yuppie to mention; however, the closest St. Elmo's is in

Claremont. For good pizza, they're generally worth the extra bucks it costs for delivery. On the docks side: the waterfront of course; with about ten incredibly slick restaurants of repute, with slick prices as well (the money just



slides through your hands, out of your pockets, and into your stomach). If you are wealthy, Morton's on the Wharf is as good as they get. Other side of the mountain:

**Sea Point** used to be the entertainment capital of Cape Town, but has been partially eclipsed by the Waterfront. There are still hundreds (literally) of places there. You'll have to take a bus, though, because while the Waterfront is within walking distance of the railway station (just), Sea Point is not. If you do try Sea Point, start with Aris Souvlaki's: they are brilliant, Greek and enjoy cult following (and cheap). Homesick for Jo'burg? There's also a Nando's, which is now a national chain of Portugese chicken that can be found in a lot of places (Sea Point, the Waterfront, Plumstead, Town, etc.). The city itself has some good restaurants. Most affordable of these is Hatfields in **Gardens**. The Crowbar has recently been done up with numerous TVs in a sporty but relaxing style.



## BEACHES

Cape Town is a Beach City. Broadly, there are two different types: warm and cold. The peninsula having the favour of both oceans, you can try the warm Indian side or the cold Atlantic side.

On the warm side: No transport? These beaches are on the railway line. **Muizenberg**, especially Sunrise beach (Muizenberg is a series of connected beaches) but avoid it like the plague on public holidays; it gets packed.

Muizenberg has all the paraphernalia to keep the child in us (or with us) happy: supertubes, putt-putt and the like. More importantly, it is a swimmable and very surfable beach. **Fish Hoek** -- safe as houses. Family-ish, but not unpleasant. Slap bang on the railway line, with a long catwalk to stroll on. **Boulders** -- very family beach. Very small, with colony of penguins. You will have to pay to get onto this beach (shame on them), and there is no serious public transport to it. A family beach for a reason -- almost impossible to get washed out. **Noordhoek** -- not a beach for swimming, but for watching those who can afford horse rides, and for long walks with the person you love. **Scarborough** -- cool for the scenic drive, good surfing, but miles away and not noticeably superior to the closer ones.

On the cold side: Big difference. It matters not that the water is cold because these are the beaches you go to be seen, not to swim. This is fine because cold is very cold. This side gets the cold Benguela, as opposed to the warm Mozambique, current (remind you of school geography?). Some resorts along the coast get both currents. **Kleinmond** and **Betty's Bay** get either, depending on the prevailing wind. **Sea Point** -- good for the walk, but not that good for the swimming unless you go to Graff's Pool. Traditionally males may bathe nude here and women may not bathe here at all. Not surprisingly, perhaps, it is a well-known gay pick-up point. **Clifton** -- perhaps the country's most prestigious beach. This is the beach to be seen on and to see others on. **Llandudno** -- still a bit too cold, but a very popular sundowner beach. **Camps Bay** -- hardly ever crowded, except on very hot days and public holidays and fairly safe for swimming, though on windy days, the sand can be a bit of a tyrant. **Sandy Bay** -- Cape Town's unofficial nudist beach. Bare all, nobody will care. The beach was nearly sold to Sol Kerzner for another resort, but praise be, it all fell through and Sandy Bay is now moderately protected. What it is not, however, is equipped. Completely undeveloped, Sandy Bay has no lavatories and the like.

## TEA GARDENS

There are times when you want to relax without first having to apply suntan lotion. Kirstenbosch Botanical gardens is near UCT (well, relatively) and has perhaps the most beautiful tea garden. Go there for a long walk or, even better, go up the mountain to Maclear's

Beacon via Nursery Ravine. The Rhodes Memorial tea room is within easy walking of UCT, just that it is up a smallish hill. The lucky handful of you with cars will possibly park in their backyard every day. Try it, it is one of Cape Town's traditional spots. Once again, this tea garden is best after a walk up the mountain. Another traditional place for tea is the Company Gardens in Town (end of Adderley Street), or try the upper cable station. If you can't afford the cableway fee, walk up. You don't need the exercise? You want something closer to res? King's Kitchen (on the photo-map) is the best place for double thicks and is run by a charitable religious organisation.

## OUTDOORS

Cape Town has the most outdoors potential of any city in the country. Walking up the mountain. Walk up to the blockhouse from Rhodes' Memorial or try Lion's Head. Don't do it without a map though. The easiest way to the top of Table Mountain itself is the cable way, but it costs a bit. So walk, either up Platteklip Gorge (very steep, boring and soul-destroying, but the way Lady Anne Barnard chose to negotiate the mountain after being told it was 'not possible' to get on top), or try the more vigorous route round the other Camps Bay side. Either way, get a 'Brossy' map first. Take a good book on flowers (like Mary Maytham Kidd's guide).

The easiest walking route to the topmost point (Maclear's Beacon) is up Nursery Ravine from Kirstenbosch. This is the route that Jan Smuts favoured into his eighties, so you can manage it. Newlands Forest (adjacent to UCT) is well worth a serene stroll and if you are in the mood for transgressing the law you can hop over the fence and stroll through the De Waal nature reserve 'where the deer and the antelope play' to the solitary tree visible from the hospital bend of the freeway. Of course, you run the risk of being killed by wild animals.

UCT owns a small ski hut in the Western Cape Snow Belt; join Mountain and Ski club and you too can use it. UCT offers many other outdoor activities. Check the Societies Registration form or enquire at Sports Admin on the top floor of the Sports Centre for more information.

## MARKETS

Don't count on outrageous bargains, unless you're an expert at bargaining down prices. Cape Town's markets are

very commercial, but they can be fun to look through. Try the Parade (next to the City Hall) -- sells bolts of cloth and some other goodies, or Greenmarket Square, which has everything -- the coolest clothing and jewellery, to be found on an old cape cobbled square in the centre of Cape Town. Or try the Waterfront: their stalls are indoors and therefore weather-friendly (which is important in Cape Town), with pretty much fixed prices that you won't be able to bargain. Finally, there is a flea-market every Sunday in Greenpoint at the Greenpoint Stadium.

## CULTURE

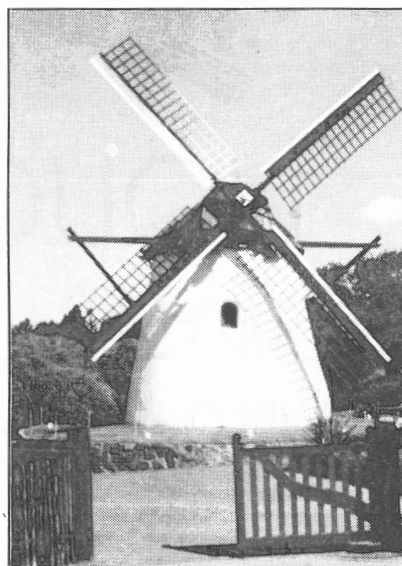
First read the Film Society's submission on pg. 20. This is by far the cheapest way to see films, and to see them with a group of people who think and talk intelligently about what they are seeing.

Commercially, closest and cheapest are the Baxter cinema (in what used to be an underground parking area) and the Constantia Rosebank (next to Pizzaz in Mowbray Main Road). Normally, Constantia Rosebank charges R9 per person, but on Tuesdays (which is the case at all Ster Kinekor cinemas), it's half price. An excellent third choice is the Labia in town next to UCT's Orange Street campus; it seems to twin the Baxter to a large degree, though both going for artier films, while the Rosebank offers what will bring the money in.

If you are into theatre, try the UCT drama department first. Their productions (not having to pander to lowest common denominator public tastes - but then we don't have to have those tastes), are always adventurous, and generally superb. There are at least three theatre venues on the Orange Street Campus: the Little Theatre, Hiddingh Hall, and the Arena. Tickets are student-priced. If you want something less serious try the Theatre on the Bay where Peter Toerien puts on farces and the like. If you want opera then you will have to go for the Nico Malan; they do the standard stuff, even Wagner (take my advice, never go to a performance of Tristan and Isolde).

Cape Town also has stacks of museums. The cultural history museum is fascinating, and the Natural History museum sports the coolest whale-well where Jennifer Ferguson (of ANC National list fame) has been known to give soulful concerts. All of these museums are in the Company Gardens (at the end of Adderley street in town). UCT administers the beautiful Irma Stern Museum which has the added bonus of being just across the road from Baxter res. The old Castle in Cape Town near the station is worth a visit even though they only allow the public access to about seven percent

of the building. The National Art Gallery is superb. Get there as soon as you possibly can (it is just across the Botanical Gardens from the cultural history museum. (Your student card will get you free entrance to the museum and Art Gallery). There are two local history exhibitions: the District Six Museum in Barrack Street, near parliament, and the Mayibuye Centre at UWC.



For lovers of modern design there is the Innovation Modern Design Exhibition at the Innovation shop in Loop Street - lots of cool chairs!

Also, new to Cape Town is the aquarium down at the Waterfront. With your student card, it costs R17, and R22 without it (so, don't forget it!).

## DRINKING HOLES

Please drink with moderation. And never, ever, ever, ever drive drunk -- or let your friends do so. Foremost among local traditional drinking spots is the Heidelberg. This old pub has fallen upon hard financial times of late (least said the better) and needs your drinking elbow as much as ever. They have cool trivia quizzes every Monday night and, if my memory serves me, are offering ribs for fifteen rand as a pub lunch at the moment. Please give them your support. Alternatively, there are Tumblers and Feathers on Main Road, Mowbray, the Forester's arms on Newlands Avenue and Barristers in Dean Street, Newlands.





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